

WELCOME

September

By: Min Fei Ginther | Vol. II, Issue II



September = Taking care of YOUR mental health

Messages from our professors

KEITH ROUSSIL'S PANCAKE RECIPE:



Ingredients:

- 2 cups kodiak cake pancake mix
- 1 and 1/2 cup quick oats
- 1/3 cup chopped pecans
- 1 diced banana
- 1 smashed banana
- 1/4 cup mini chocolate chips
- 1 tablespoon vanilla extract (or more)
- A fair bit of milk
- 1/2 a stick of salted butter

Directions:

- Focus your intention on the love you have for the people you are cooking for
- Play Gregory Allen Isaacov, Norah Jones, or something like that
- Heat a griddle to medium high (butter should bubble but not burn) (330 degrees)
- Mix all ingredients (except the butter) into a large mixing bowl
- For a little added sweetness you can make the batter the night before and let it sit so that the starches in the oatmeal will dissolve in the milk
- Add milk to get the consistency of porridge
- Liberally butter the griddle
- Scoop out cakes that range in size from a sliced banana to a sliced tomato
- Flip when browned
- Serve with your favorite nut butter (Nutella and Justin's Maple Almond butter are our favorites) or maple syrup





Dear LHSOON Students,

As you embark on this challenging semester, remember that you've already demonstrated incredible strength by choosing this path. There will be tough days ahead, but each challenge is an opportunity to grow and learn.

Stay organized by setting small, achievable goals and maintaining a study routine that balances work with self-care. Don't hesitate to reach out to your classmates and mentors for support – you're not alone on this journey! When things feel overwhelming, take a well-deserved break: go for a walk, collect rocks, have a movie night with friends, or try something creative like painting or potting a new plant. Celebrate your progress, no matter how small, and trust that each step brings you closer to your goal of becoming an exceptional nurse. Keep striving ahead – you're capable of amazing things!

With encouragement and best wishes,

Dr. Krista Scorsone



Our friends, family, faculty, and the world repeatedly tell us that in order to care for others, we need to care for ourselves. But what does that mean exactly? How do we care for ourselves when there is so much to do and learn and so many people who need us?

First, I want to say that you do not need to have the goal of being able to care for others to engage in self-care. Caring for yourself is essential to staying healthy physically, mentally, emotionally, and spiritually. If you don't take time to care for yourself, then your body will make you take time by being injured or sick. This is a lesson many of us, myself included, seem to revisit many times in life. I am a perfect example of someone who is making their own mess their message in this case!

Thinking of self-care as a "practice" can help. Self-care is not something we do once and then we are done. It is something that we need to evaluate and recommit to each day and with the changing seasons of life. Self-care looks different when we are in school, have young children, are traveling, and much more.

Okay, Ali, so now what do I do?

The amazing Jesuit practice of reflection is the most important first step. Each day, take time to reflect on how you are feeling and what you need.

If you have taken a class with me, I share the below battery image in class. I ask students to check in and reflect on what percentage their battery is charged to at that time.

If it is 75% or above, I ask students to commit to at least one self-care activity that day.

If it is between 50 and 75%, I ask students to commit to at least two self-care activities that day.

If it is between 25 and 50%, I ask students to commit to at least two self-care activities and one person that they will reach out to for connection and support that day.

And, if it is less than 25%, I ask the students to come and see me so we can check-in and make a plan to help them.

When we make self-care plans it could include simply listening and holding space for them, making a study plan, helping them prioritize and delegate, taking a nap, seeing a counselor, connecting with Student Affairs for support, and so much more.



This is a practice that I and my family engage in each day.

It is how we prioritize and support each other. We will share what our battery is and then assess the day. If we do not equal 100% charge between myself and my husband, then we start to reevaluate, reprioritize, and shift to support our family needs.

This can look like canceling activities, ordering in food, skipping laundry, letting the house be a mess, etc.

Taking time to reflect and connect has helped us develop a common language and set goals for each other and our family. I encourage you to do this with yourself and your support system, it will help immensely.

As you go through this semester, the rest of your schooling, new grad training, and the other wonderful adventures in your life, engaging in daily reflection, having connection, and using common language about stress will help you to avoid or quickly navigate stress injuries.

As always, if you need anything, please reach out to your faculty, advisor, coordinator, friends, family, or anyone who is there to support you. You are NEVER alone and always cared for.

- Ali Gordon



WHAT DID RSNA DO THIS PAST MONTH?

ICE CREAM SOCIAL



It was so good to see, meet, and talk with everyone who came!

We cannot wait to see you at more events!



MEET MORE MEMBERS OF YOUR TEAM

Justin Garcia-Grace

HI, I'M JUSTIN GARCIA-GRACE! I'M A FULL-TIME ASSISTANT PROFESSOR OF NURSING WITH REGIS AND ALSO A FULL-TIME DOCTORAL STUDENT. LIFE IS BUSY, BUT AWESOME. MY DNP PROJECT FOCUSES ON AI INTEGRATION IN HIGHER EDUCATION. I'VE BEEN WITH REGIS FOR ABOUT 3 YEARS NOW AND HAVE LOVED WORKING ON THE BEAUTIFUL CAMPUS, HAVING COLLEAGUES WHO GENUINELY CARE ABOUT STUDENT SUCCESS, AND HAVING PLENTY OF SERVICE OPPORTUNITIES.

OVER THE YEARS, I'VE WORKED MY WAY THROUGH THE HEALTHCARE SYSTEM. FROM EMT AT 16 TO NURSE PRACTITIONER AND PROFESSOR AT 30. I SERVE AS ONE OF RSNA'S ADVISORS, ALONGSIDE MY PEER, CHARLOTTE. I ALSO SIT ON THE STUDENT AFFAIRS COMMITTEE AND AM THE DAISY AWARD COORDINATOR. MUCH OF MY BACKGROUND INCLUDES PEDIATRICS, EMERGENCY NURSING, TRAUMA, EDUCATION, AND PSYCH.

OUTSIDE OF NURSING, I ENJOY PAINTING, AND AM AN AVID SKYDIVER WITH OVER 240 JUMPS! I SHARE MY LIFE WITH MY HUSBAND, SAMUEL (ALSO REGIS NURSING AFFILIATE- SAY HI IN THE LAB), TWO LABS, CALVIN AND CORBIN, AND THREE CATS, GRAYSON, GABRIEL, AND RALPH. I ALSO PLAY THE OBOE, CLARINET, AND ENGLISH HORN, AND I'M CURRENTLY LEARNING THE CELLO. I'M AN AVID HORROR NERD, AND I LOVE READING, HIKING, SKIING.



Angela A.

Accelerated Liaison

MOST RECENT CONCERT YOU WENT TO? STYX AND FRONTIER.

YOUR FAVORITE FUN FACT? BANANAS ARE BERRIES, BUT STRAWBERRIES AREN'T!

WHAT IS ONE THING YOU WISH YOU KNEW BEFORE FALL SEMESTER JUNIOR YEAR? HOW TO PROPERLY SCHEDULE MYSELF AND KEEP MYSELF ON TASK. IT TOOK A LONG TIME FOR ME TO NARROW DOWN WHAT KINDS OF SCHEDULES WORKED FOR ME AND WHICH ONES DIDN'T. I THINK IF I'D FOUND OUT SOONER, IT COULD HAVE HELPED A LOT WITH MAINTAINING MY SANITY DURING THAT TIME!

HOW DID YOU GET THROUGH THE FLIP CLASSROOM/TEACH YOURSELF PATHOPHYSIOLOGY AND STUDY FOR TESTS AT THE SAME TIME? I MADE A LOT OF FLASHCARDS 😊. I ALSO USED ONLINE SYSTEMS TO MAKE PRACTICE TESTS AND TO QUIZ ME ON THE POWERPOINTS TO BE AS READY AS I COULD EVER BE. SHOWING UP TO CLASS ALSO HELPED, BECAUSE HEARING IT WOULD STICK AND WOULD SOMETIMES COME BACK AROUND DURING TESTING.

WHAT ARE YOUR TEST TAKING TIPS? SET A SCHEDULE. BREAK DOWN HOW LONG YOU HAVE TO STUDY, AND BREAK DOWN EXACTLY WHAT YOU NEED TO STUDY AND STICK TO THAT, DON'T GET LOST IN THE WEEDS OF USELESS INFORMATION THAT WON'T BE ON THE TEST. IF IT WON'T BE ON THE TEST – IT DOESN'T EXIST. GIVE YOURSELF AN EXTRA TWO DAYS IF YOU CAN TO DO PRACTICE QUIZZES AND GO THROUGH EVERYTHING. DON'T LET YOURSELF GET DISTRACTED AND LET IT PILE UP SO THAT YOU'RE TRYING TO LEARN 150 NEW CONCEPTS ALL IN ONE DAY! BE KIND TO YOURSELF! PREP AHEAD OF TIME AND FUTURE YOU WILL BE THANKING YOU!

September is Suicide Prevention Awareness Month

A good article to read is by Lindenwood University: *The Importance of Self-Care and Wellness for BSN Students.*

There are plenty of resources you can utilize on and off campus:

988 - National Suicide Hotline

1.844.493.8255 - Colorado Crisis Hotline

Text *TALK* to 38255 - Colorado Crisis Hotline

303.458.3558 - Regis University Counseling Number

hcc@regis.edu - Regis University Counseling Email