

10 secs timeout for nurses



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Since listening to Natalie Cossar talking at a workshop about her 10 secs practice, I was impressed with this simple method of self reflection that can help you to calm down in a stressful situation and also a healthy habit for life. I immediately started using it in various situations. This common example (my story) is a useful one as it shows how 10 secs (and ABC) assisted me in calming down in a situation that was out of my control.

A

AWARE

"I became aware that I was feeling stressed and uncertain"

B

BREATHE

"I decided to practice 10 secs and took a deep breath followed by another"

C

CALM

"to calm myself down, I said the words I am calm"



shortage of mental health nurses in the UK has clearly impacted on their mental health and wellbeing



and ... in some respects the delivery of care to their patients



nurses feel ... over stretched, facing high levels of stress, burnout & fatigue especially during COVID19 as it led to reduced job satisfaction & excessive workload

I was due to chair an online workshop at 5pm on Monday 24th April from my computer at home but normally on Mondays I look after my baby granddaughter who lives 37 miles away. As a result, arrangements were made for me to leave early at 3.30pm which allowed me enough time to get back home.

The journey home by car was going smoothly until I reached the main town. There was a huge traffic jam, my car was stationary for several minutes and I could see the clock ticking away. I became aware that I was feeling very stressed and uncertain about what to do as I realised I would not get back home in time if I stayed in the traffic.

In that moment I decided to practise 10 secs and my ABCs as I sat in the jam. I took a deep breath followed by another, to calm myself down, I said the words “I am calm”. Within that short time frame I could feel myself relaxing in the jam. The cars started to move again and feeling calmer, I chose an alternative but longer route home. Whilst driving I practised 10 secs several times to keep that calm composure until I arrived home at 5pm. In the meantime, I had contacted a colleague who was able to inform the attendees that I will be a few minutes late. I started the workshop just five minutes later than planned in a very relaxed manner.

From my personal experience this practice works when faced with difficult situations and it also works as a healthy habit for mental health and wellbeing.

“a healthy habit for mental health and wellbeing”



I BELIEVE THAT THE 10 SECS PRACTICE CAN ENABLE NURSES ...

to **self reflect** and **pause** within their daily practice as well as within their personal time because taking **just 10 secs** as a timeout measure to take a deep breath and to utter the words “I am calm” can make a difference. For those 10 secs on more than one occasion during the day will assist them to cope with daily workplace stressors and the daily challenges they encounter, offering them peace and calm 10 secs at a time.



“Nurses’ wellbeing must be taken seriously”

Nurses’ wellbeing must be taken seriously and is often associated with an individual’s ability to deal with the complex, varied and multi-dimensional stressors encountered in the workplace and in daily life. By encouraging positive psychological health and mental wellbeing, an individual will be able to cope with these stressors, function effectively, and develop positive relationships within clinical practice. 10 secs if practised over a span of time, will become a habit and the individual will begin to feel the benefits when faced with any stressful situation.

Have a go at this and see the benefits as you begin to engage with this very useful and innovative practice which is so simple and effective.



NO ONE DESERVES TO LIVE A LIFE CONTROLLED BY FEAR, STRESS & SUFFERING

The Practice of 10 seconds empowers us to pause and create a shift in our state of being - peace, calm and ease, one breath at a time. It is a healthy habit of self reflection and with practise it becomes an automatic tool we tap into at anytime and for as long or as little as we choose.

If this resonates with you and would like to learn more please contact natalie@10secondsofcourage.com

In this moment I’m wishing you peace, calm and ease, one breath at a time.



Natalie