



Watson Caring  
Science Institute

## **POSITIVE AFFIRMATIONS** **Creating a Caring/Healing Environment**

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**Introduction:** My role at WHH/Baycare is Supervisor of Patient-Care Services, your traditional Nursing Supervisor. I work the 7p-7a tour, and have total campus oversight. Our facility has recently been acquired by Bay Care health systems, and we are one of 11 facilities in the system. This is significant because the acquisition has caused changes in the organization, and certainly not all negative, but changes nonetheless. I have notice and felt as I make rounds on the units our environment is changing from a light, warm, loving, caring, healing environment “biogenic” to palpable stressful, fearful, anxiety ridden, depressed, worn-down, and frightened “biopassive” environment all consequences of non-caring for Nurses (Watson, 2005) I know that for the Nurses to get through this transition they must learn to care, love and renew themselves. I thought that my project on positive affirmation(s) would be a great way to get the Nurses to refocus on themselves, and use daily or weekly affirmations as a tool for keeping our environment/spirits positive and light. This would translate to a healthy- healing environment for both Patients and staff members.

**Significance:** Positive Affirmations have been around since the beginning of time, many of which were written by famous philosophers, spiritual leaders and Politicians, and although most of them are just a few words, they are profoundly deep and can be life altering. This preparation can take the form of daily practice of offering gratitude, connecting with nature, practice of silence, journaling, prayer, asking for guidance to be there for another when needed; a practice of forgiveness, silently citing positive affirmations, opening to blessings in the midst of difficulties, whereby one's consciousness is expanded through all these practices. (Watson, 2008)

**Purpose:** The purpose of this project was to engage a small group of Nurses from each discipline, across Patient-Care services showing them how the use of simple “positive affirmations” in their daily blessings of themselves, can have a positive impact on their thoughts, attitude and actions, which is the (environment), and subsequently the energies that flow to our patients.

**Settings and Participants:** The activity took place on the following Area(s) MSU, AMCU/COU, MICU/SICU, CFP, Rehab in the staff lounge area. I had approximately 6-8 Nurses at each 30-minute session, at the beginning of their shift, and again for 30 minute towards the end of their shift.

**Project Description/Process:** I began each session using Jean Watson's Caritas Meditation CD, to help provide some centering, quietness, and focus. One by one each person picked an affirmation from the box, and then each person was asked to use their positive affirmation to help light their way as they work and go about the usual duties, they agreed. I regroup with the same Nurses at the end of their shift, and what was interesting is they many of them immediately wanted to share. I gave them a brief questionnaire (3 question/statements) to fill out. Once they completed that we had some very engaging, interactive sessions. They discussed how they were feeling, and they were amazed the power positive affirmations can have when intentionally focused on, and used. Spiritually uplifting, calming, healing, peaceful, soothing, and ultimately self-healing, were just some of the adjectives that they used to describe how they felt. As I went to the different units, twice in the feedback sessions it was also mentioned from the staff that participated (voluntary) that they (the participants) felt a special connectedness with each other that came from what they shared during the session together.

**Project Outcome(s)/Projected Outcomes:** I think that overall the staff was engaged and learned a new tool that they can easily use to help to revitalize inwardly, and expand their Caritas Consciousness. This will help to keep the field (environment), flowing with light, love, caring and wellness.

**Partial/Projected Evaluation:** This project is still ongoing. The ED, L&D, Mother/Baby nursing staff are not yet done due to busy volumes and scheduling conflicts. Areas have rescheduled for upcoming dates. I used a three-question evaluation tool as a follow-up to their experience. The first question was related to if they thought that the use of their “positive affirmation” had any impact or effect on the flow or dynamics of their daily interactions or their being/doing? The second question was did you find it useful in your daily practice as you cared for your patients, families, and peers? Lastly, I asked for each one to write a “positive affirmation” that is meaningful to them, and that could use in the future.

**Future Directions:** WHH has always embraced Watson Caring Science, and we want to keep that alive in our organization going forward with Bay Care Healthcare Systems. It will be up to our new executive leadership team to buy into and embrace, the Caritas Culture at WHH. I believe that it is our role as Nursing Leaders to empower Nurses to render Self-care, so that they can in turn have the sensitivity and sustainability to provide caring and healing to others.

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**References:**

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