



# What Makes Nurse Anesthesia Residents Anxious?

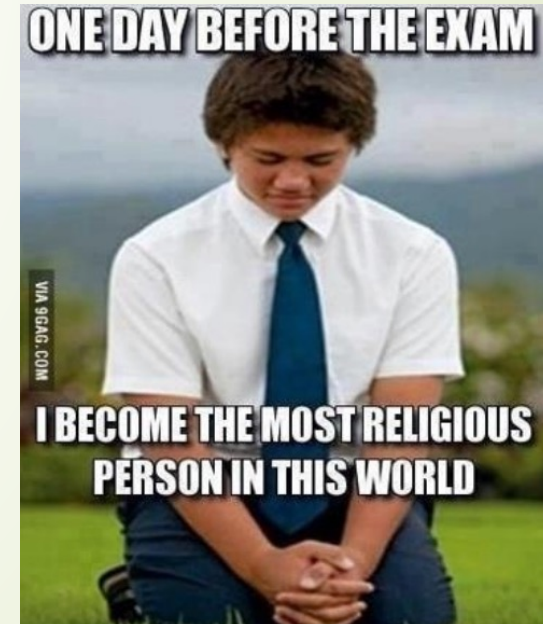
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CANA Wellness Committee

# What worries would an NAR possibly have?

## ➤ Academic pressures

- Classroom----difficult pharm and physiology
  - Constant examinations
  - Constant studying
  - Constant risk of bad grades
  - Maintain 3.0 or I'm out
  - Can't study enough for class and exams



# Clinical Training Anxieties

- ▶ Performance Anxiety: remember that pesky curve
- ▶ Fear of failure
- ▶ Perfectionism
- ▶ Hierarchy of power: CRNA, MDA, everybody else---me at bottom
- ▶ Bullying
- ▶ How can I get all those skills I MUST have to get a job!
- ▶ Need to be already putting out feelers for my future position....but when?  
How?



# Imposter Syndrome

- Am I good enough, smart enough, skillful enough to do this?
- I'm just a nurse. How can I do anesthesia?
- Am I meeting my clinical skills benchmarks?
- I was a leader in my ICU. Now---look at me! I'm on the bottom of the anesthesia TOTEM POLE!!!



# Time Management

- ▶ How do I juggle classes, clinical and....
- ▶ How do I fit stuff for me into all of that and...
- ▶ How do I have a “life”?
- ▶ I should be studying right now for NCE instead of looking at this slide!!!!



# Money

- School is too expensive
- I **had** a great job. Now I have a great D E B T
- Budget? How? How can I find enough money to afford school and to live?



STRESS

ME

ANXIETY

TAKE ACTION---ITS OK TO ASK FOR HELP!!!

FEEL BETTER

DO BETTER

It's ok to ask for help

BE BETTER





# HOW CAN I REDUCE MY ANXIETY IN SCHOOL?

- ▶ For school: prioritize what you need to do, hour by hour
- ▶ Use situational awareness—focus on needs of the moment, right NOW
- ▶ Do that first, then take on the next task and repeat till its all (sort of) done
- ▶ Time Management: allot X hours per day of studying; schedule breaks into the routine. Stick to it. POMODORO study: 25-minute stretches focused work, broken up with 5-minute breaks and 15-30 min break after 4 work intervals. Program it in your phone with alarms for breaks.
- ▶ Turn off electronic notifications during study periods
- ▶ Sometimes we need to--- JUST SAY NO to family and friends when you have to study; it'll actually make you feel better to get the work done first



# Schedule in FUN and SELF CARE Stuff

- ▶ Yes, have a schedule for meeting studying obligations
- ▶ BUT—also schedule in FUN stuff and SELF CARE STUFF

**Go to the gym, or go walk or run or play basketball**

YOGA OR MEDITATION

Journal your thoughts and feelings

Listen to podcast or TED talk that means something to you

Think through causes of anxiety and potential remedies

Try to get some sleep---6 hours, at least, please?

Always the mantra: I wanted to do this, I want to & **will BE** A CRNA!!

Remember how much you are growing as a person and provider

When you get home from a busy clinical day---take a break for 45 min

Make home environment pleasant for you—soft light, candles, whatever it takes to your taste



# HELP

- MENTAL HEALTH needs have an undeserved stigma
- Asking for help when you need help is not weak--it is smart
- Everybody needs help
- When you get into a bad situation, go to your program director, trusted faculty or friends and ask for help.
- Use the mental health counseling provided by all programs
- You are still OK, you can still be a CRNA, you will be fine---you just need a helping hand once in a while to cope with this stressful life we all have



# CANA Wellness Committee

- ▶ Need a kind ear?
- ▶ Email CANA Wellness Committee ([info@canainc.org](mailto:info@canainc.org))
- ▶ NAR committee members always happy to share experiences---feel free to reach out---we have NARs on the committee who can totally relate!
- ▶ Good luck to all you hard-working NARs out there! It's all going to work out.