



THE INTELYGENCE NEWSLETTER

APRIL 2021

April is Stress Awareness Month!



Happy April! Spring has sprung and the birds are singing. The weather has changed, summer is near... what a breath of fresh air!

Everything's wonderful until suddenly, it hits you like a ton of bricks...

Feel overwhelmed? Like there isn't enough time in the day to get everything done? Can't shut your brain off and fall asleep? This is Stress! In this "time of uncertainty" (if we hear this phrase *ONE MORE TIME!*) things have gone crazy and feeling stressed is inevitable. Being aware of your stressors that you CAN control will help you combat or cope with it in the future.

We want YOU to feel LESS stressed. Stress Awareness was started in 1992 by Dr. Mort Orman and is sponsored

by The Health Resource Network (HRN), a nonprofit health and education organization that has been a national cooperative effort to inform about the dangers of stress.

Stress is defined as **feelings of emotional or physical tension from any event that can make you feel frustrated, angry, or nervous**. It is the body's reaction to a challenge or demand. Some stress is positive, it can help you avoid danger or meet a deadline!

Unfortunately, most stress can cause you problems. Some common causes of stress are feelings of being under pressure, big changes, constant worry about something, not enough control of a situation, and times of uncertainty (*NOT AGAIN!*)

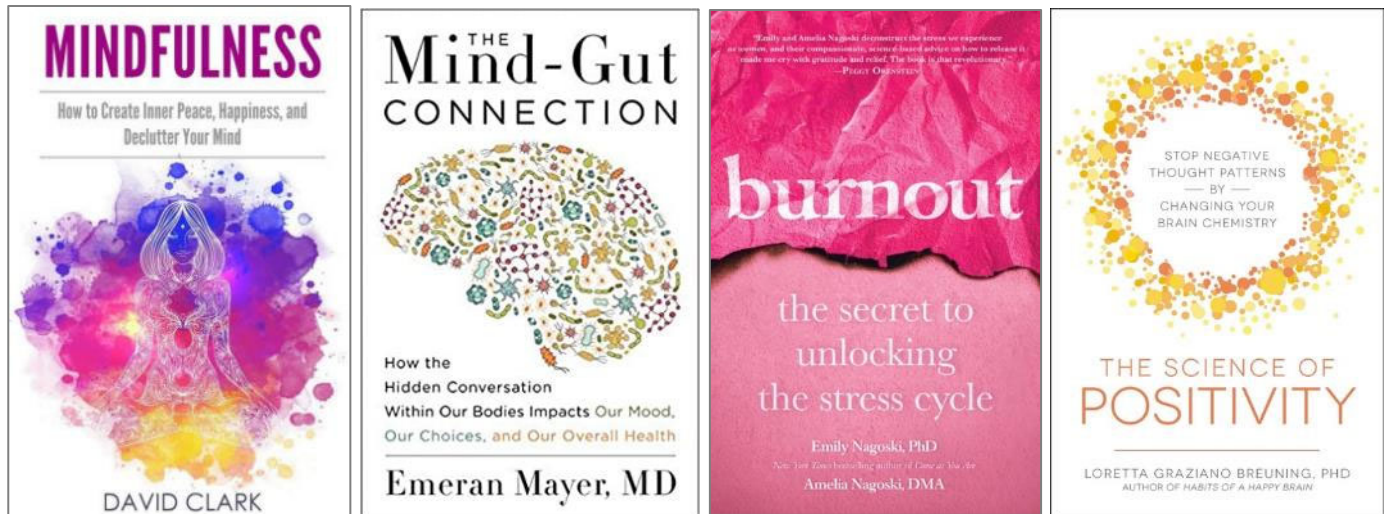
Warning signs/symptoms to watch for are heaviness in the chest, chest pain, increased heart rate, shoulder/neck/back pain (quick fact – typically men carry stress in their low back, women in their neck and shoulders), trouble concentrating or poor memory, irritability, trouble sleeping, SOB, dizziness, depression, fatigue, and anxiety.



How can YOU reduce stress?

Some ways to commonly combat stress are to exercise (take a peek at Eveline's Enlightenment!), reduce caffeine intake, journaling, spend time with friends and family, chew gum, and best of all, don't forget to laugh!

Sometimes reading or listening to a great book will melt the stress away, here are some great reads!



Not a reader? Get any of the above on audio book or pull up one of these great Pod Casts:

- Relax, Reduce Stress and Improve Self Esteem (Harry Henshaw)
- How to reduce and manage stress and anxiety in your life (Miriam Mills)

You asked and we listened! FAQ's for IntelyPros

1. How do I check in and out for my shift?

- When checking in to a new facility, please make sure you allow yourself a few extra minutes for this process
 - Report to your designated floor and locate a supervisor for your check in
 - Your check-in can ONLY be completed by a Supervisor (DON, ADON, shift leader)
- ** If you are having trouble locating a Supervisor, please refer to your app to contact IntelyCare or message your ISM for further instructions
- Check-out is completed at the end of your shift and must also be completed by a Supervisor

2. How do I see my paystubs?

- Welcome to ADP! IntelyCare offers a simple way to keep track of all your important information
- During your application process, you would have received a link directing you to the ADP website: <https://workforcenow.adp.com/>
- Once you register with ADP (with your personal email), you will have access to your paystub on a weekly basis
- If you have any issues or notice a discrepancy, please contact IntelyCare

Eveline's Elightenment



Alright, let's do some exercises to combat stress!

Power of Breath

Take a deep breath in. Now let it out. You may notice a difference in how you feel already! Most people take short, shallow breaths into their chest. It can make you feel anxious and

zap your energy. Your breath is a powerful tool to ease stress and make you feel less anxious. Some simple breathing exercises can make a big difference if you make them part of your regular routine! Here is just one that I like to do daily to help me de-stress.

To get started:

- Choose a place to do your breathing exercise
- Don't force it. This can make you feel more stressed
- Try to do it at the same time once or twice a day
- Wear comfortable clothes

Deep Breathing

With this technique, you'll learn how to take bigger breaths, all the way into your belly.

1. Get comfortable. You can lie on your back in bed or on the floor with a pillow under your head and knees. Or you can sit in a chair with your shoulders, head, and neck supported against the back of the chair
2. Breathe in through your nose. Let your belly fill with air
3. Breathe out through your nose
4. Place one hand on your belly. Place the other hand on your chest
5. As you breathe in, feel your belly rise. As you breathe out, feel your belly lower. The hand on your belly should move more than the one that's on your chest
6. Take three more full, deep breaths. Breathe fully into your belly as it rises and falls with your breath

Stretch It Out

Ever feel so tense that muscles ache or worse yet, your movement may be restricted because that muscle is tight! Stretching is one of the most effective ways to relieve stress because our (generally) more sedentary lifestyles promote stiffness, which exacerbates that stress in the first place.

Stretching is an accessible way to unwind and de-stress during or after a busy day. Stress in your muscles manifests as tightness — and when you relax those muscles, you can tap into your body's ability to release mental stress. Stretching and movement provide proper circulation, increased oxygen uptake, and will release tension in the muscles which ultimately leads to mood elevating endorphins being released, more oxygen slowing your heart rate, lowering your blood pressure and letting go of physical tension sending a message to the brain to relax.

When performing stretches, it is recommended to hold each one for 15 to 30 seconds; repeat each two to four times. Below are two stretches that I like to do after a busy day at work or just to unwind in general.

INTELYPROS OF THE MONTH

IPs of the Month have been notified. Look for your IntelyScrubs in the mail, and congrats on a job well done.

[See This Month's List](#)

INTELYPRO MILESTONES

As of March 25th...

61 more IPs completed 100 shifts
155 more IPs completed 50 shifts

Congratulations to all and thanks for your dedication!

[See Full List](#)

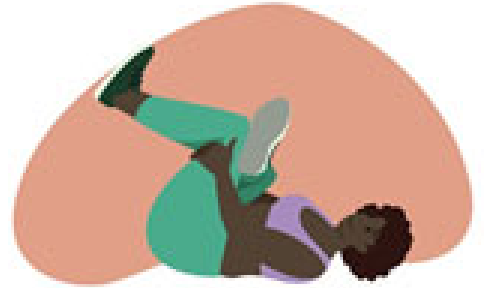
Stretches!

Note: If you experience tingling, numbness, or pain when you try any of the following stretches, or any illness or injury prevents you from doing them safely, skip them or ask your doctor for an appropriate modification

Lying Glute Stretch

This stretch is good for putting some movement into your lower back, especially if you've been sitting still. This stretch releases tight hamstrings as well as stretches the outer glute, targeting the low back.

How to Do It: Lie on your back and bend your knees so your feet are flat on the floor. Cross your right foot to your left knee, keeping your left leg bent, to create a figure four. Bring your hands behind your right knee and pull both legs toward your chest. Repeat on the other side.



Rotational Neck Stretch

Reacting to stress by tensing up your neck and scalp muscles can trigger a tension headache. To keep healthy flexion in your neck and let go of tightness, this simple neck stretch targets the muscles in the back of your neck.

How to Do It: Bring your chin to your chest and rotate your chin toward an armpit. If you need more of a stretch, Decker suggests placing your hand on the back of your head and pushing your head closer to your armpit. Repeat, rotating your chin to the other armpit.



Scholarship & Award Opportunities

Healthcare Heroes Annual Scholarship for nursing professionals currently in a nursing program or applying for a nursing program. We are interested in hearing stories about *"What inspired you to become a nursing professional"*. The annual award is \$5,000 for the best story. The **deadline to submit is the end of July** and will be awarded by the start of the school year in September.

Enter to win here: <https://healthcareheroes.com/awards/healthcare-heroes-2021-scholarship/>

Healthcare Heroes Nursing Story Contest for nursing professionals. We are interested in hearing stories about *"How COVID-19 has changed your life as a nursing professional."* The award is \$2500 for the best story. The deadline is the end of October and awarded in December at the annual Healthcare Heroes announcement. Currently not accepting submissions but stay tuned!