

You Can't Pour From an Empty Cup: Self Care to Community Care for Prelicensure BSN Students

Issue: As burnout rates in the health care profession remain high, pre-licensure BSN students face increased stress and burnout as they transition back to in person learning for their final semester (expected graduation August 2021)

Action: Introduce JDUB a holistic wellness framework for graduating Islander Student Nurses to increase self awareness, promote self care, reduce stress and enhance diversity, equity and inclusion in their final semester.

Intended Impact: Students will experience an increased sense of belonging and support, decreased stress levels, and successful completion of final exams



J- JOY (Just Own Yourself)- Intersectionality, power & privilege
D- Dialogue in brave spaces
U- Ubuntu- "I am because we are"
B- Breathe

Process: 97 community health students may earn clinical credit for optional participation. Weekly sessions include check ins, mindfulness activities, dialogue, and self care "homework".