

## I'm Transforming as *fast* as I can ...please send C.H.O.C.O.L.A.T.E.®



### Objectives:

1. Examine the C.H.O.C.O.L.A.T.E.® solution, a holistic model for the authentic use of self in nursing
2. Assess effectiveness of current personal self-care practices
3. Discuss the self-care of the nurse as an ethical standard for nursing practice
4. Create a playful play of self-care

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## Conflict of Interest Disclosure

None: Julia Balzer Riley, RN, MN, AHN-BC,

A conflict of interest exists when an individual is in a position to profit directly or indirectly through application of authority, influence, or knowledge in relation to the affairs of PENS. A conflict of interest also exists if a relative benefits or when the organization is adversely affected in any way.



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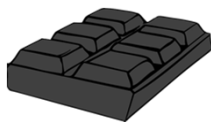
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## C.H.O.C.O.L.A.T.E.

- CENTER and be present
- HEAL with humor
- OPEN to relationships
- COPE with elegance
- OUTLAST, accept
- LEARN Something New
- ACCEPT responsibility for yourself
- Take TIME
- ENGAGE in life



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Creating a Playful Plan  
of Self-Care



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If you had a magic wand...  
how would you use it?



Julia Balzer Riley, RN, MN, AHN-BC

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Resources for Further Exploration

- Garcia H & Miralles. *Igigai: The Japanese secret to a long and happy life*, New York, Penguin Books, 2016
- Riley J B. Please Send Chocolate, *Advance for Nurses Online*, 6/24/2002.
- Riley J B. *The gift of the caregiver*, Albuquerque, NM. Hartman Publishers, 2003.
- Seligman MEP, *Flourish: A visionary new understanding of happiness and well-being*, New York, Atria Paperback, 2011.

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