



Nursing Times

Volume 2, Issue 2

December, 2011



Helping Others to Empower the Future!

Time for a Break!

Another semester has passed us by, and just as we had anticipated it came and went quite quickly! Already finals are just around the corner and without a doubt we will be completing our last classes and clinicals of 2011. Here at the EAL Support Group, there is a pleasant sigh of relief as we step back and reflect on what we've grown through these past few months. Together as a group, we've experienced the excellent challenge of re-organizing ourselves and testing out our structure as a sustainable nursing support network. We have gained a surprising amount of advocacy and enthusiasm from our BN faculty staff, students who have long-time participated in the group are now on the verge of graduation, and moreover we are proud to have returning alumni, bolstering the continuation of student-to-



student support. This semester was particularly special to us as we celebrate all these achievements that are so significant for such an invaluable student resource. And so, after all those accomplishments we can smile as we realize, it's time for winter break!

As we have all tackled through this semester, we hope that our nursing students can now sit back and be just as proud of their perseverance and hard work that has ultimately brought them to this point in time: break time! Especially nearing the end of a semester, energy levels are running at their lowest and both our bodies and minds are begging for calm and pause. However, though we might feel more "deserving" of a break because the semester is almost over, now is also the perfect time to reflect on how well we've taken care of ourselves during the past few months. Did we tend to feel more energized, or more tired? Did we feel more confident and assertive, or anxious and hesitant? Did we feel inspiration and excitement to fulfill our goals, or did we often lose focus and sense of ambition? These are some great questions to ask ourselves as we assess

**By Caitlyn Passion
MRU Nursing Alumni**

how well we've tended to the needs of the most important people in our lives: ourselves!

As nurses, we have that natural tendency to give full attention to those we care about: our families, friends, and patients. Unfortunately, all the concern we have for others may cause us to think of our own needs as secondary, and perhaps less important. With such altruistic natures and willingness to sacrifice, it can become detrimental to our own personal health if we do not prioritize our individual needs. And no, thinking about our own physical and mental wellbeing before others' does not mean we are being "self-centered". In fact, we are the role models for health and we have that added responsibility to portray the meaning of 'healthy' in the same manner that we encourage it to those we care for—as the popular saying goes, 'practice what you preach'! After all, nurses are the experts of living well, and if we do not care for ourselves the best way we know how, no one else will.

And so, another important question to ponder: have you taken enough breaks? Be it at school, work, or at home, paying close attention to what you need at the moment in order to stay focused, inspired, and feeling positive should be the priority. Be it healthy snacking, exercise, staying in touch with close friends, or taking time for a favourite hobby, these are all good personal practices that keep us motivated and in tune with our passions. As a Support Group, we are constantly asking ourselves of what the best ways are to support our EAL nursing community so that we can all obtain that important balance between successful academia and personal health and wellness. As you go through these final weeks of the semester, we hope that you treat yourself with as much attentiveness and respect as you do for your patients and the ones you love. Best of luck during exams, take the time you need to re-energize yourself as you prepare, and finally, enjoy a much deserved winter break!



See you back next semester !

Inside this Issue:

Time for a Break	1
Editorial	2
December Word Search	2
A Christmas World	3
Ask Nurse Know	4



Contact Us

Have something to say? Comments, questions or specific topics of interest contact the Planning Committee by emailing us at mru.eal.nursing@gmail.com

Editorial

It's December! Can you believe it? Every semester passes by so quickly. When I think of December I think of Christmas and winter break! Christmas is my most favorite holiday and season throughout the whole year. It is because there is always yummy foods around this time, like Christmas dinner with the turkey and gravy, but also because of all the chocolate, candies and cookies. Not only is the food plentiful in choices during this

**By Charmaine Law
4th Year Nursing Student**

time of year, but the Christmas spirit is so happy! I love how everything is cheerful and happy along with all the Christmas carols that play on the radio. I can never get sick of the Christmas song that play over and over again because that is what gets me into the Christmas spirit even more. Although trying to figure out presents for each of my friends can be a little confusing and hard, but it is part of the fun.

Another thing about this

month is that snow is falling so we can go have fun with it! There are so many activities that can be done during winter and the winter break is a great way to have fun playing outdoors (or indoors).

Before all the festive activities can be done, we need to finish all our exams and classes. I hope that all of you will do well on your upcoming exams.

I wish you all a Happy holiday and Happy New Year!

December Word Search

Find the following words in the chart of words. Have fun!



- CHRISTMAS
- CANDY
- CHOCOLATE
- DECEMBER
- SNOW
- WINTER
- SKATING
- REINDEER
- EXAMS
- BREAK
- FUN
- PRESENTS
- STOCKING



O	O	T	W	G	Y	Z	F	U	C	I	U	G	X	J	W	L	R	H	J
Z	O	V	X	L	V	U	E	T	A	L	O	C	O	H	C	N	L	E	R
T	P	P	G	H	J	D	X	I	O	P	A	E	V	J	G	G	X	H	E
K	C	S	J	N	R	N	A	F	K	R	C	W	B	J	H	N	I	W	I
Y	S	L	L	Y	I	R	M	V	W	E	E	H	K	Q	I	I	H	F	N
J	W	U	G	Q	I	T	S	N	M	K	L	S	R	J	O	K	G	E	D
W	S	W	O	N	S	X	A	E	Z	X	R	G	T	I	N	C	X	K	E
Z	Q	H	A	Z	U	O	D	K	O	S	V	P	T	H	S	O	U	A	E
Q	U	Q	F	I	Q	F	L	I	S	Y	Q	K	Q	M	C	T	D	O	R
C	N	B	R	E	A	K	W	R	E	T	N	I	W	W	B	S	M	Z	F
H	J	H	Z	J	K	I	M	F	X	T	E	R	A	B	Y	W	N	A	G
H	Q	L	S	S	H	P	M	V	V	E	X	X	D	D	C	H	I	M	S
I	U	A	G	I	F	R	J	R	E	N	Q	L	E	M	B	Q	C	L	T
P	C	R	A	P	E	V	N	J	T	P	C	C	M	H	J	C	L	Y	U
K	N	Y	S	T	N	E	S	E	R	P	E	N	B	W	R	Y	Q	G	O
U	P	U	U	A	C	D	Y	A	V	M	K	X	I	U	C	S	O	U	M
L	F	Y	U	X	U	B	Q	H	B	A	M	P	A	L	A	J	I	J	K
H	C	S	C	Z	D	J	M	E	Z	W	P	F	L	V	O	U	Y	B	T
Y	B	B	J	H	Z	S	R	K	I	I	D	O	M	W	T	C	K	Z	K
F	V	A	Y	Q	C	A	N	D	Y	F	J	D	I	A	B	F	L	H	W

A Christmas World

By Charmaine Law
4th Year Nursing Student

With so many different cultures in Canada, I decided to write a little blurb on a few countries and their way of celebrating Christmas so that we are all more well knowledgeable regarding Christmas (or for your own curiosity)

Canada: Did you know from 1874, Christmas lost its religious character in Canada. Gradually it became a community festival with lots of new customs. In Canada, people will decorate a pine tree with ornaments and give each other presents that are wrapped up with wrapping paper. On Christmas



Eve at midnight, Santa Claus will deliver presents by going down the chimney and places presents under the tree. After he will go

up the chimney, go back onto his sleigh (pulled by 9 reindeers) and flies in the air to the next house. On Christmas day, all presents under the tree will be opened. Many people eat turkey for Christmas dinner now a days, but did you know in old days people eat Tourtire (stew made of a layer of meat, layer of potatoes, layer of onions, and then another layer of each. On top is a pastry).

Germany: There is a legend saying that on Christmas Eve, the rivers in Germany turn in to wine, animals will speak with each other, mountains will open and show gems, and also bells from churches will be heard ringing from the bottom of the sea. But only those who believe and have a pure heart will be able to see this Christmas magic. There is so much to celebrate; therefore they start on St.



Nicholas Day which is on December 6th. Not only in Germany but many countries in Europe start Christmas on the 6th of December. The children

will but a show or boot by the fireplace and during the night, St Nicolas will go from house to house carrying a book of sins in which all the bad children are written down. The good children will receive delicious holiday eats while if those who have been misbehaving will receive twigs. Did you know the Christmas tree originated in Germany?



The presentation of the tree is done on Christmas eve, where the tree is decorated with apples, candy, nuts, cookies, cars, trains, angels, family treasures, lights and other ornaments. Just like in Canada, presents are place under the tree. Also in Germany, there is a tradition that those who do not eat well on Christmas Eve will be haunted by demons during the night, therefore many delicious foods are eating during this



time.

Scandinavia: It is this country where our Yule log tradition came from. Usually during this time of the year, it is dark, cold and with long winters so that is where the tradition of warmth and light came from. The Yule log was originated the whole entire tree, the butt end would be placed into the fireplace and slowly fed into the fire. This process was carefully timed so that the tree would last the entire Yule season. The winter solstice is very important for these people because it

is a time where fortunes of the coming year are determined and where the dead are thought to walk on earth. People believed that it was dangerous to sleep alone on Christmas eve and would all sleep together.

Mexico: The poinsettia is native to Mexico and a legend is connected with the flower. Legend says that there was a little boy, Pablo, who walked to his church in his village to visit the Nativity scene. That is when he realized that he had nothing to offer to the Christ child. He gathered some green branches growing alongside the road and laid them by the manger. The other children teased him but to his surprise, on each branch laid a brilliant red star-shaped flower.

Spain: in span, the Christmas season starts on December 8th, the feast of the Immaculate Conception. It is celebrated in front of the Gothic cathedral in Seville. On Christmas Eve, family members gather together to feast and rejoice. On December 28th, a feast of the Holy Innocents occurs, where young boys light bonfires and one of them acts as a mayor and order the townspeople to perform civic chores. If you refuse then a fine is resulted and the money is used to pay for celebration.



Ask Nurse Know

By Caitlyn Passion & Charmaine Law
MRU Nursing Alumni 4th year Student



If you have anything you would like to ask Nurse Know, please email them to mru.eal.nursing@gmail.com. Please title your email as Nurse Know. We will keep all questions confidential.



*Dear Nurse Know,
I have exams coming up and so are the holidays, how can I divide up my time in order to get all my studying, shopping and spending time with family all in before I am off for the winter holidays?
Sincerely, Running-out-of-time*

Dear Running-out-of-time,
This time of year is particularly hectic as we are feeling the pressures of trying to accomplish so many tasks at once. It's a very stressful and overwhelming season as we're realizing the semester is almost over, and it doesn't help that even when we're trying to do something pleasant (like buying gifts for others at the mall) the atmosphere is just as crazy! The key is to pace yourself and stay organized. Write down a list of everything you want to do, review it, and then rewrite the list with the most important tasks and highest priorities first (perhaps studying for exams should be first!). You can then create a schedule for yourself on your calendar to ensure everything you want to accomplish is there. But make sure your schedule is realistic for you, don't forget to include frequent breaks!
Best of luck,
Nurse Know

*Dear Nurse Know,
I'm new to Canada, I've only been here for a year. Are there any fun things to do during the winter here that I should try? I want to try something new that is unique to Canada.
From, newbie*

Dearest Newbie,
Welcome to Canada, and welcome to our winter wonderland! There are so many fun activities for you to try that are uniquely Canadian. Fun things you can do at home or in your community: tobogganing, building a snowman, make snow angles, ice skate! If you like the outdoors, you can also try: skiing or snowboarding, snowshoeing, outdoor skating. There are also many winter festivals and activities happening around the city and even in towns nearby like Canmore and Banff that would be worth seeing. The easiest way is to go on the city's website online and they would have all the updates on all the current events, from there you can pick and choose what you want to do according to your interests. If you've never experienced this much snow before, dress warmly, gather a few friends, and just go out to a nearby park and enjoy!
Have fun!
-Nurse Know

*Dear Nurse Know,
Christmas season is here and I am low on spending money since school took a toll on my finances. Do you have any neat ideas that would help my financial situation but be great gifts?
Yours, Money-saver.*

Dear Money-saver,
It is totally understandable as a student to be on a very tight budget! And unfortunately, the pains of "inadequate funds" tends to hurt most during the times when we want to be as generous as we can to those we care about. However, in terms of gift-giving, expensive does not equal better! Remember that the holidays are meant for spending time and being with the ones we love to show them how much we care. If we choose to give a gift, it should represent how much they mean to us and that we appreciate them in our lives. Thoughtful gifts don't have to cost a lot! If you are crafty, something hand-made is always appreciated. Personalized hand-made cards is a very nice gesture, and if it was accompanied by home-made baked goods (which can be done in large batches) i'm sure it would be gladly accepted by everyone on your list! Another non-material gift idea is donating to a local charity, or to a charity/cause you know your loved one is passionate about, and you can do so in their name. It would warm the hearts of many more than just your loved one during this time of year!
Happy giving!
Nurse Know

