

Precision Self-Care for Nurses

EXPERIENTIAL GUIDE

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*The Elements
of Care[®] Program
for Beating Burnout*

CHAPTER 1

Welcome Back to the Plant World



Plants provide a vessel for carrying out our hearts' intentions for healing, energy, and comfort in the care of Self and others.

As you think about plants in nature, reflect and describe any fragrances, shapes, tastes, or textures associated with your experiences.

What is the foundation for safe and effective plant partnerships?

How do we gain an understanding of plant medicine?

What are some of your own stories about plants?

—Gentle Medicine Self-Study #1—

Plant Memories

What are your earliest memories of plants? How old were you?

What happened with the plant(s)?

What did you learn about the plant?

Use a journal to record your memories and reflections.

MEMORIES AND PLANT PARTNERSHIP

How will you use this book to either ignite or deepen your relationship with healing plants in the care of Self and family?

PLANT TEACHERS

How have you learned to care for yourself and others over the years? What do you believe and think about healing plants?

—Gentle Medicine Self-Study #2— **When Does Food Become Medicine?**

Pick or purchase a fresh orange (*Citrus sinensis*). Wash it thoroughly. Cut the orange into quarters. Set a timer for 5 minutes. Quiet yourself in a comfortable chair. Use all of your senses to focus mindfully on the orange. Smell, feel, look at, listen to, and taste the outer peel, the inner peel, and the fruit.

1. What are the qualities of the orange?
2. Is it “medicine”?
3. When is a plant food and when is it medicine?
4. Who decides? How is this decided?

List the 5 types of plant-human partnerships. Give an example of a plant that can be categorized within all 5 types.

- 1.
- 2.
- 3.
- 4.
- 5.

What is the difference between a plant as food and a plant as medicine?

It is time to restore the knowledge of healing traditions with plants.

SELF-CARE AS FIRST STEP IN A TIERED HEALTHCARE SYSTEM

How can people partner with plants in Self-care and comfort of others?

How can a person practicing Self-care restore or promote their own health?

Outline each step in the four-tiered system healthcare system that exists in most communities:

1. First Tier

2. Second Tier

3. Third Tier

4. Fourth Tier

Each person is responsible for the health choices that they make.
