

+ Positive Thoughts + Positive Actions = Positive Results



Hello friends! I am Kelley Wilson, *Imprint* Editor. I would like to thank all of you for electing me as your new editor. I will do my very best to bring you articles that you will find inspiring and that motivate you to get involved in your chapters! Participate by sending features, chapter activity stories, and letters to the editor!

I hope that you get the most out of the September/October issue. The Back to School and New Nurse's Journey articles are mutually complimentary as they include tips and insights that both nursing students and recent graduates can find helpful. Among other great contributions, this issue features a Q&A on common questions asked by the new graduate, our popular 'study tips' guide, and an article by Lucia Thornton on beating stress with holistic techniques.

Ms. Thornton touches on a technique that I've found particularly helpful throughout my nursing education and I'd like to share it with you. My mentor, Karen Standish, once told me that "positive thoughts plus positive actions equal positive results."

We've all experienced days when we've felt uninspired, unmotivated, frustrated, and so stressed that we may even question our abilities! We may not feel like doing homework, preparing for a test, cooking, or cleaning – never mind smiling! Days like these challenge each of us to reach deep down inside and find the strength to make it through the day – or even just the next hour, or week, or longer. We need to remember that our moods set the tone, they affect our actions, our attitudes, and the people around us, like our patients. Sometimes, finding the strength to smile and be positive – in spite of everything else – makes all the difference!

Ask yourself this question, "What kind of environment am I conveying to a patient as I enter and leave a room?" As nursing students, we have learned how to apply factual information and think critically about our decisions, but *we* are in charge of the attitudes we put out there. Every patient's room should be entered with a smile, an open heart, and with an awareness that we are there for them! They may be scared about being in a different environment, sick, and anxious about what to expect. We want these patients and their families to say, "That student nurse will be a *great nurse* one day, she made me feel so comfortable, she showed compassion when she entered my room, was friendly, and was always *smiling!*"

Being positive may also help you with your testing. If you think positive about the test *before* taking it, you may end up with better results – this kind of visualization is helpful in many aspects of life. If you think, "I know that I am going to fail this test" you'll probably talk yourself into a bad grade. On the other hand, if you prepare and go into the test thinking, "I'm ready and I'm going to do great," you may surprise yourself with the results. I hope that you try positive visualization and other coping techniques, and that you're inspired by other articles in this *Back to School* issue. I wish you the best of luck and many positive moments this year!

Kelley Wilson