SSTeMM

Everyone evaluates me!

Why are we afraid of being evaluated?

Being evaluated is a normal part of nurse training and the development of new skills.

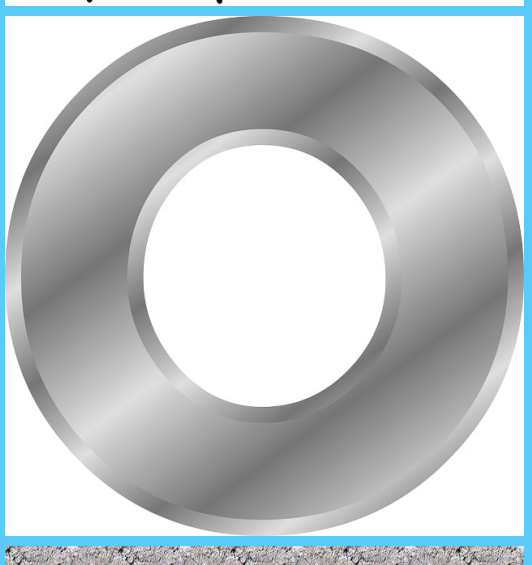
- What is another way of looking at clinical evaluation?
Opportunity for skill improvement and development
- What would a fellow student nurse say about their experience of evaluation?
A shared feeling, less now daunting - "me too"
- How would you feel in a situation where you welcomed evaluation by others!
Less afraid -"I welcome it to be my best nurse self"

Evaluation and the Body

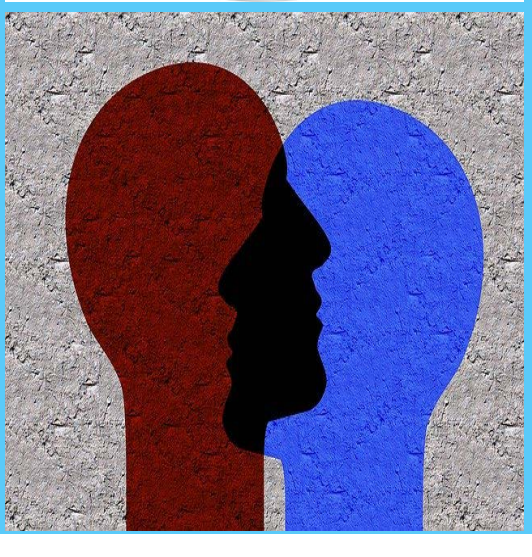
When we are anxious, our breathing frequency increases. Feeling unpleasant - sometimes dizziness, chest tightness, tingling in fingers, palms sweating or butterflies in our stomach.

Controlled Breathing

Helps you manage your anxiety and reduce associated unpleasant feelings.



Breath in through your nose, and out through your mouth.
Tip: make an 'O' shape with your mouth - always making the outbreath longer than the inbreath.
Repeat this excercise for a few minutes, regaining controlled breathing until you feel better.



Perception

It is not the situation or feeling of evaluation that is upsetting - it is the importance or meaning you attach to it that makes it so.

With the support of the Erasmus+ Programme of the European Union