LET'S INFUSE JOY!

The ability to experience joy, enthusiasm, and renewed creativity in our practice settings (clinical, education, research or policy) is fundamental to achieving Sigma’s vision of global nursing excellence. Sigma provides resources and career development opportunities that strengthen continuous learning, empowering nurses to conduct impactful research and practice improvements.

Joy in practice is achievable. But it will not happen by chance alone. We must be intentional in our efforts as individuals and as leaders.

In my Call to Action, I challenge you to develop awareness, strive for balance, and pursue co-creation at all levels to infuse joy in nursing and the culture of healthcare.

Join me in the journey to infuse joy!

Richard Ricciardi
PhD, CRNP, FAANP, FAAN

“Those human connections, with spouses and children and friends, may be the most important investments you will ever make.

Don’t ever forget that a life must have joy.”

Amin Khoury, Founder of Taghleef Industries and B/E Aerospace
As Sigma members, we are well positioned to infuse joy into practice in clinical, administrative, academic, research, and policy settings. This Call to Action highlights three essential elements — the ABCs — that promote joy: Awareness, Balance and Purpose, and Co-creation.

**Awareness**
Awareness is essential for joy. Awareness includes a clear understanding of the knowledge, skills, and abilities needed to fulfill our professional responsibilities and achieve our goals. When we are competent, confident, and have mastery over our work, joy can flourish. Awareness comes from deep scientific knowledge, continuous development, and autonomy and accountability for the actions that produce results.

**Balance & Purpose**
Balance and purpose are required elements for joy. As we strengthen scientific, technical, and leadership expertise, we must find balance by taking care of ourselves, finding our own joy, and discovering a motivating purpose. Achieving balance and purpose requires us to make time for creativity and serendipity, mindfulness and rest, activities that foster health and well-being, as well as gratitude, service to others, and philanthropy.

**Co-creation**
As competent, confident nurses acting with balance and purpose, we can take the next step to infusing joy. We must take a systems approach and work with other healthcare professionals, patients, families, and communities to co-create an environment rich in joy. Co-creating includes relationship building, using team science, recognizing interdependencies, having a shared mental organizational model, taking pride in one’s work, and instituting policy initiatives to support a joyful organizational culture.

Consider the following activities designed to help Sigma chapters and individual members infuse joy by achieving awareness, seeking balance and purpose, and creating opportunities for co-creation:

- Keep a gratitude journal
- Meditate or practice mindfulness
- Nominate colleagues for Sigma’s international awards, research awards, and honorary membership
- Participate in one of Sigma’s highly rated webinars at a chapter meeting
- During exam week, offer self-care and de-stress activities for your chapter members who are students or faculty.
- Consider providing self-care and de-stress activities as a service to members of other healthcare schools or organizations during Nurses Week or anytime.
- Support and sustain the future of nursing by making a contribution to the Sigma Foundation’s future fund.
- If you are an experienced nurse researcher, mentor an emerging nurse researcher through the process of applying for a research grant through the Sigma Foundation for Nursing.
- Collaborate with a practice setting to involve clinical nurses in chapter activities.
- Collaborate globally by forming or participating in a cross-cultural, multi-country research team.
- Partner with experienced nurses in various settings to offer peer support and/or mentoring programs.
- Invite an interdisciplinary team from a clinical practice setting to present at a chapter meeting.
- Conduct chapter programming connected to achieving and maintaining physical and mental health.
- Conduct a chapter research day where all members participate in collaborative research.
- As a chapter, work to submit your school of nursing’s collection to the Sigma Repository.
- Join one of the Communities of Interest on The Circle to collaborate with other Sigma members around areas of interest and focus.
- Create opportunities that focus on patient and family-centered care and engagement.

We must start wherever we are today to find, create, and leverage joy.