

UCSF

UC San Francisco Previously Published Works

Title

Paving the Pathway to Healing

Permalink

<https://escholarship.org/uc/item/8cg0k1nz>

Journal

Journal of Radiology Nursing, 41(2)

ISSN

1546-0843

Author

Biangone, Marianne

Publication Date

2022-06-01

DOI

10.1016/j.jradnu.2022.04.001

Peer reviewed



Contents lists available at ScienceDirect

Journal of Radiology Nursing

journal homepage: www.sciencedirect.com/journal/journal-of-radiology-nursing

Guest Editorial

Paving the Pathway to Healing

I grew up in Western Pennsylvania, where people have many “sayings.” A couple that may be familiar are, “now you’re cooking with gas” or “don’t throw the baby out with the bath water.” These idioms always seem to have a hidden meaning, one I certainly didn’t understand as a child, but as an adult provide pause and an opportunity for reflection.

Women in my family would often remind us that, “everything has its season.” I remember trying to understand what that meant as an impressionable 10-year-old girl sitting around a table of women who were (and still are) my heroes. They are kind, caring, compassionate, and strong women who loved fiercely and deeply and when things became difficult, that is when their real strength could be witnessed. It was truly inspiring.

The last 2 years have been a season of disbelief, mourning, and sadness, often ridden with anxiety. Fear of the unknown was the central conversation, and the feeling of powerlessness for some, has left them with the difficult decision of staying in health care or not. As nurses, we are asked to be like the women in my family, strong in front of everyone and when the room is empty, you will have your moment to grieve. It is in that space we find peace, solace, and healing.

I am a huge fan of reflective journaling. Not the kind that starts with, “Dear Diary” but more like, “What are three things that went well today and one thing that if given the opportunity, I could improve upon?” There lives a power in the words we choose to use. When they are spoken aloud, words can provide comfort (or harm) to others, and when ruminating in your mind, they are often the only words you will ever believe, good or bad.

If you are wrestling with the decision to continue your professional nursing journey, I’d like to encourage you to take up reflective journaling. Journaling provides an opportunity to celebrate your accomplishments, both personal and professional, and the ability to reflect on past entries to appreciate how far you have come.

I would like to offer a few topics for you to reflect on as you work through your decision.

1. Why did I become a nurse? The real reason, not the altruistic one you think people want to hear. This becomes important because it defines your “why.” Why you get up every day, choose to put on your uniform, walk out of your home, and into the workplace. When things become challenging, remembering our “why” helps bring everything back into focus.
2. What is the last activity I voluntarily engaged in to become better at my job? Now you may want to talk about a continuing education course, or a conference and that would be just fine. But what about a painting class that helped you

take your mind off nursing and focus on how to be more creative and less stressed? Reducing your stress leads to opportunities to thinking broadly and will unleash innovative ideas.

3. You have been asked to explain what you do to a group of fifth graders who only know what nurses do on TV, what would you tell them? What would you say to get them interested in nursing, and specifically what you do as a nurse?
4. What are your goals for the next year? Survival...no one would blame you. Truly think about what those personal and professional goals may be. They do not need to be lofty; they need to be real. Take five deep breaths once an hour. Drink more water. Learn one thing about a coworker unrelated to our profession. Goals give you something to work toward and look forward to. When you accomplish your goal, celebrate! I recently set a goal to take public transportation to work. I have never done it and was petrified. When I finally stepped on the train, I had a secret party inside! I MADE IT! Next was the shuttle...did that too! By the time I made it to work, I was on cloud nine and giving myself BIG high fives! While it may sound silly to you, during COVID’s mandated isolation periods, my longstanding social isolation became intensified. My fear of navigating places and systems felt so intense that when the offer for my dream job came along, I almost turned it down. I had to be brave, take the first step, then celebrate, because there is no one waiting for you with a party horn...you must bring your own!

I’d like to close with words written by Marianne Williamson that have been on my home and office wall for the better part 15 years. These words made a profound impact on me, and I hope they will offer you perspective, strength, and peace.

Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. We ask ourselves, “Who am I to be brilliant, gorgeous, talented, fabulous?” Actually, who are you not to be? We were born to make manifest the glory of God that is within us. And as we let our own light shine, we unconsciously give other people permission to do the same.

(Williamson, 1996).

Reference

Williamson, M. (1996). *A Return to Love: Reflections on the Principles of “A Course in Miracles”*. New York, NY: Harper Perennial.

<https://doi.org/10.1016/j.jradnu.2022.04.001>

1546-0843/\$36.00/© 2022 Association for Radiologic & Imaging Nursing. Published by Elsevier Inc. All rights reserved.

Marianne Biangone, PhD, RN, PHN*

*University of California, San Francisco, School of Nursing,
Department of Community Health Systems, San Francisco, CA*

* Corresponding author: Marianne Biangone, PhD, RN, PHN, University
of California San Francisco, School of Nursing, Department of
Community Health Systems, 2 Koret Way, San Francisco, CA 94143.
E-mail address: marianne.biangone@ucsf.edu.