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THE INSIDER'S PERSPECTIVE OF NURSING

Caring.Integrity.Diversity.Excellence

## MARIAH EDGINGTON

BSN, RN

**THE RETIRED EMERGENCY  
NURSE ADVOCATING FOR  
HOLISTIC SELF-CARE**

EXPERIENCED CRITICAL CARE  
NURSE, HOLISTIC MINDSET  
COACH, HOSPICE VOLUNTEER

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## **A COMMUNITY OF RESOURCES BUILT FOR REAL NURSES.**

Where nurses share stories, resources & guides to help inspire and motivate.

*“When you’re a nurse, you know that every day you will touch a life or a life will touch yours.”  
—Unknown*

## MEET THE NURSEDECK TEAM

### **NEVILLE GUPTA**

**Founder/CEO**

As a strong advocate for the union between humanity and technology, Neville's focus leans toward tech influence on creating highly desirable working environments encompassing altruism, autonomy, human dignity, integrity, honesty and social justice.

### **GABRIELLE DIDATO**

Head of Influencer Marketing & Partnerships

### **LAKESHIA BATES**

Community Engagement Manager

### **DESTINY GORDON**

Brand Marketing Specialist

### **SIMRAN P. GUPTA**

Digital Communications Manager

### **JULIA TALIESIN**

Managing Editor, Insider's Perspective Magazine



**JAMIE SMITH**  
**NURSEDECK PODCAST HOST**  
**RN, NP, MSN**

Nurse Jamie has been chosen as NurseDeck Podcast Host to share stories, resources & guides to help inspire and motivate the NurseDeck Community.

Jamie has been a registered nurse for over 13 years. She is an experienced nurse practitioner with a history in long-term care, medical-surgical geriatric nursing, and clinical pharmacology. She is also an educator and author.



*I love hearing about startups. With NurseDeck we have our little patch of dirt at work time, to spruce up and help the nurses' community base. I love that there are people like NurseDeck trying to shake things up because we desperately need it.*



## FEATURED STORY

MARIAH EDGINGTON, BSN RN

### **AN EXCLUSIVE INTERVIEW: THE RETIRED EMERGENCY NURSE ADVOCATING FOR HOLISTIC SELF-CARE**

By NurseDeck

Mariah Edgington has been a registered nurse for over 35 years, starting out in critical and emergency care. She worked as a flight nurse, and even got her paramedics certification. Though she was a self-proclaimed adrenaline junkie, she sought more connection with patients and people, so she took up holistic health practices. Though she's retired from nursing, Edgington works as an integrated holistic mindset coach and an integrated holistic therapist, providing coaching, active listening, and stress reduction through aromatherapy, guided breathing and meditation, mindfulness, and Reiki. She also volunteers her time in hospice, providing holistic therapies to patients and their loved ones.

Nursedeck (ND): Thanks so much for talking with us! Tell us a little about yourself.

Mariah Edgington (ME): Thank you so much, it's a pleasure being here. I have been a registered nurse for 35-plus years, and I'm actually retired. I was at the bedside in critical care, emergency, and ICU. At one point, I worked in the ER and decided I needed to know a little bit more about pre-medicine, so I went and got my paramedic certification. I had all the bells and whistles. I was a flight nurse for a time, and have even gone to the other spectrum. Towards the end of my career I wanted to give back a little bit, so I volunteered with holistic therapies of aromatherapy and many others with hospice patients, and I found that extremely rewarding, too. I've done a variety of things, and I'm currently caring for my mom as she enters the last chapter of her life.

ND: You've done a little bit of everything. How did you get started in nursing? Was it always your passion?



*Initially, when I started in nursing, I decided I wanted to do the most critical care. I was kind of an adrenaline junkie.*



ME: Oddly enough, it was initially a job at a nursing home when I was 16. I went to work in the kitchen of a care center and I just fell in love with the people. I had so many of the residents in this care center say, 'oh, honey, you should be a nurse,' so I took their word for it and ran with it. It was a profession I was made for, I was just really comfortable in that role for many years.

ND: Well, it's obvious you're passionate. So how did you become an integrated RN healthcare coach?

ME: Well, that was a process of years. Initially, when I started in nursing, I decided I wanted to do the most critical care. I was kind of an adrenaline junkie, as they say in the ER and ICU, because I loved it and I thrived on that. Over the years of doing that, I found more connection with the patients and their families when I was more present. So the more present I became with them, the more I felt connected and the better care I could give. On the holistic component of it, over the years I've become a Reiki

practitioner, actually a Reiki Master. I deliver aromatherapy to people, I do guided meditation. I've done a lot of these practices, mindfulness and breathing techniques, with not just the families and the patients, but with the nursing staff and hospital staff. I found it was a way I could help them to relax. Oddly enough, I would frequently say to people, 'okay, do you have time for a little bit of a meditation break?' - I call them respites - 'because in 60 seconds, we can do a respite for you.' People did not necessarily believe that. So, as we got these little handheld devices, I would say, 'listen, I'll set my timer, how much time do you have?' 'Oh, well, I don't have any time I'm charting, I'm busy.' I'd say, 'well, could you give up a minute or two?' And they go, 'okay, three minutes max'. And I'd say, 'well, I will watch the timer. I'm going to set it right now.' I would give them three minutes of aromatherapy and Reiki and guided meditation, I watched for when the timer went off, and I'd say, 'I respect your time and our session is done.' It was life changing for a lot of nurses. They'd want more, but they didn't have time for more. They could give me three minutes of relaxation, and that changed their days.

ND: That is unbelievable. What are some things nurses can do to help with their self care?

ME: Well, that's another good point. I used to teach people, the nurses and support staff, and once they learn these techniques they're able to do them themselves, they're able to teach them to their patients. Once they start using them with their patients, they get a double dose, because they're able to utilize it for their self care and they give it back to the patient at the same time. One way we've found - and we all know this - is breathing techniques. That simple breathing and breath work,

bringing that focus back in, taking a step back. We're really good at reacting, we're trained to do that right at the bedside - somebody codes you're right there - but there are situations where it isn't life and death and you can take a step back, gather your thoughts, and act instead of reacting. That helps decrease your stress level. Now, one thing I would encourage the nurses to do is to take a little gauze pad and put some lavender essential oil on it. If you're not allergic to it, tuck it up underneath the strap of your bra, or if you're a guy and don't have one get it up there, and every once in a while, take a smell of that. Take a breath. Those two combined, would decrease your stress level. It's those two combinations, that olfactory and then that breath which brings you back to a center. If you really want to take it to another level, add a positive affirmation at the same time: 'I've got this.' We know that whatever follows 'I am,' follows you. When we say, 'I am amazing,' 'I give really good care,' 'I am doing a great job,' it changes our mindset.





ND: Wow, that's pretty impressive. What do you think about the nursing community when it comes to having support? Do you think NurseDeck and their resources play a role?

ME: I absolutely do. When we reach out to a community, especially when you can get tips like the ones you're getting right now from this short interview, and being able to know these are simple techniques, they change your life just by applying them. NurseDeck is full of resources like this. I encourage everyone to reach out, dig in, and see what else is available on the platform.

ND: Do you think it is hard for nurses to have their own community?

ME: Yes and no. There still is the theory that nurses eat their young and we've all heard it. I think that's going away as we all become better educated about how we can support each other, and NurseDeck could

play a part in that, too, by helping build up nursing and that community, and being able to say to people, 'this is what we find is really helpful and here's some extra tips.' So, community does influence other nurses a lot.

ND: Let's talk about leadership. What does being a nurse leader mean to you? And how do you view leadership in nursing?

ME: This would be a good tip and information for a young nurse, especially: I was unaware that, even as a new grad, I was a leader. If we can start instilling that in young people, that they're already a leader, they need to own that, and realize how many people are watching them. Once we develop leadership skills within ourselves, that helps us support the people who are managers, CEOs, the people who are making the decisions. Once we realize, 'I am a leader, and I can say

these things with authority - this is what's happening here,' or 'perhaps it might look better if we did it this way,' or 'explain to me how you're thinking about this procedure.' I think that will help decrease defensiveness in the profession and help people to become better leaders.

ND: What do you say to the nurses who are leaving the field because of the low pay, work environment, and poor leadership?

ME: I would have to say that that's probably happening more, now that we've gone through the pandemic and are still going through a pandemic. Work conditions are tough, and when you have that pressure behind you, it makes it even more so because everybody has families, they're dealing with other issues that no one else knows about. First and foremost, take care of yourself. Self-care is huge, and if you're at a point where you don't feel you can even go any further, number one is get some help from someone who is a professional, and then reach out to people for support - communities like NurseDeck and others who can support you before you even exit. That way, you know



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you're making a good decision if you do decide to leave the profession. You know you've done your self-care, you've gotten help, you've used the resources, and then you can say, 'yes, I made the best decision for me at that time.'

ND: Do you feel nursing is changing for better or worse during COVID?

ME: In and around COVID, everything changed, we have no doubt about that. Whether it's for worse or for better will remain to be seen. It depends on whether we take the lessons we've learned from this pandemic and apply them. If we can harness the power of the lessons we've learned, then it will change for the better.

ND: Do you think NurseDeck can help build on bonds and connections between nurses by letting them connect all over and have resources they need?



ME: Absolutely. I think NurseDeck is doing an amazing job and bringing their resources straight to the nurses who need them. If we can get NurseDeck into the hands of people all across the world - because it's a global community. I'm in contact with nurses all over the world and as they know there is this resource and begin to utilize it to its fullest potential, it will grow.

ND: Well I have one more question for you: Due to COVID, do you think there will be a big wave of nurses-turned-entrepreneurs?

ME: That is an interesting question. The virtuality that's happened because of COVID has changed so many doors and opened everything up. People didn't realize the potential that was there. Looking at it in that regard, yes, there will be, but there will still be the need for acute care

nurses and bedside nurses and hospital nurses no matter what happens virtually.

ND: This information is so important. Thank you for your time today.

ME: I really appreciate everything you're doing. Thank you very much.



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