

Welcome!

Finding Our Way with Gratitude, Grit and Grace

Kathy Perko RN, MS, PPCNP-BC, CPON, CHPPN, FPCN

1:00 PM

STARTING SOON!

Finding Our Way with Gratitude, Grit and Grace

APRIL 5, 2022

Speaker: Kathy Perko, RN, MS, PPCNP-BC, CPON,
CHPPN, FPCN

Moderator: Denise Mills, MN, RN(EC), NP Pediatrics
POGO Provincial Clinical Lead, Pediatric
Oncology Nursing

Acknowledging the Land

To begin, we would like to acknowledge that POGO's work takes place on traditional territories and Treaty Lands of many Indigenous nations across the land now called Ontario.

Today, we reflect on the relationship that Indigenous peoples and their ancestors have had with this land for thousands of years and on the harmful impacts of colonialism on Indigenous peoples, including inequities in healthcare that continue to exist.

We gratefully acknowledge the opportunity to collaborate on these traditional lands to achieve the best childhood cancer system for children and families in Ontario. We affirm POGO's ongoing commitment to building trusting relationships with First Nations, Inuit, Métis and Urban Indigenous peoples as we carry out our mission.

Meet the Speaker



Kathy Perko

RN, MS, PPCNP-BC, CPON, CHPPN, FPCN



FINDING OUR WAY WITH GRATITUDE, GRIT AND GRACE

KATHY PERKO, MS, PPCNP-BC, CHPPN, CPON, CPLC, FPCN
DIRECTOR PEDIATRIC PALLIATIVE CARE CERTIFICATE PROGRAM
UNIVERSITY OF WASHINGTON
POGO APRIL 5, 2022

DISCLOSURE

- I have no relevant financial relationships to disclose.



GRATITUDE-GRIT-GRACE



Adam Grant ✓
@AdamMGrant

Toxic positivity is pressuring people to look on the bright side. They have to suppress anxiety, anger, sadness, and grief.

Healthy support is shielding people from the dark side. You invite them to express their pain, and show them they're not alone and won't feel it forever.

GRATITUDE

The quality of being thankful; readiness to show appreciation for and to return kindness

...IN A WORD

"I'm so small" said
the mole.



"Yes," said
the boy
"but you
make a huge
difference."



Last night my oldest, my mama's boy, my difficult sleeper, told me he didn't need lullabies, and proceeded to read himself to sleep.

I had been waiting for the day he became easy to put to bed, but I was not prepared to be blindsided with sadness over him no longer needing me.



**YOU NEVER THINK THAT
THE LAST TIME IS THE LAST
TIME. YOU THINK THERE
WILL BE MORE. YOU THINK
YOU HAVE FOREVER,
BUT YOU DON'T.**



SMALL ACCOMPLISHMENTS TO BE PROUD OF

selfcarespotlight

got out
of bed

went
outside

drank
water

called a
friend

took a
walk

read a
book

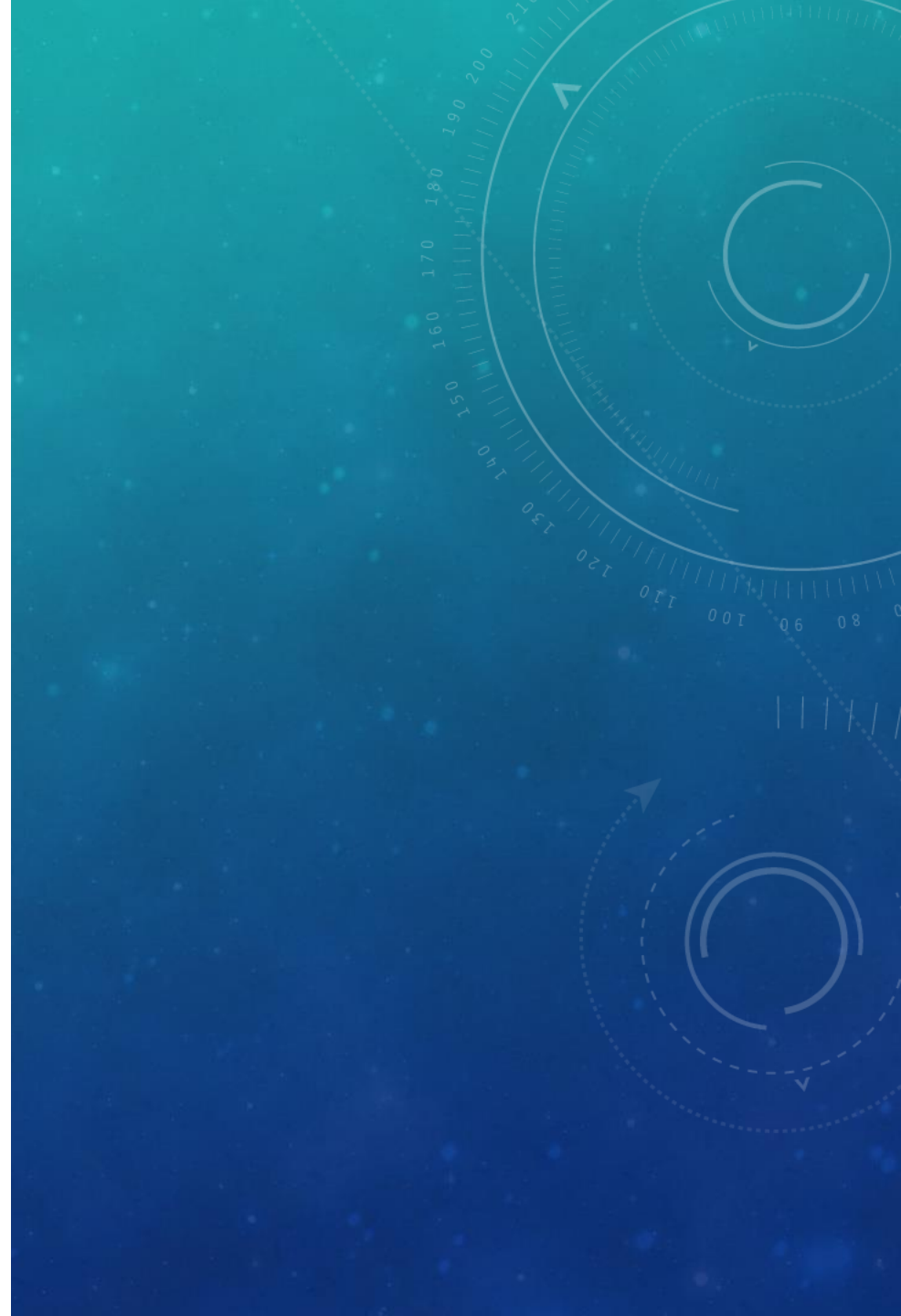
ate
food

brushed
teeth

took a
shower

THERE IS STILL
BEAUTY IN
THE WORLD.

* DON'T FORGET TO LOOK
FOR IT. WE OFTEN FIND
WHAT WE ARE LOOKING
FOR.

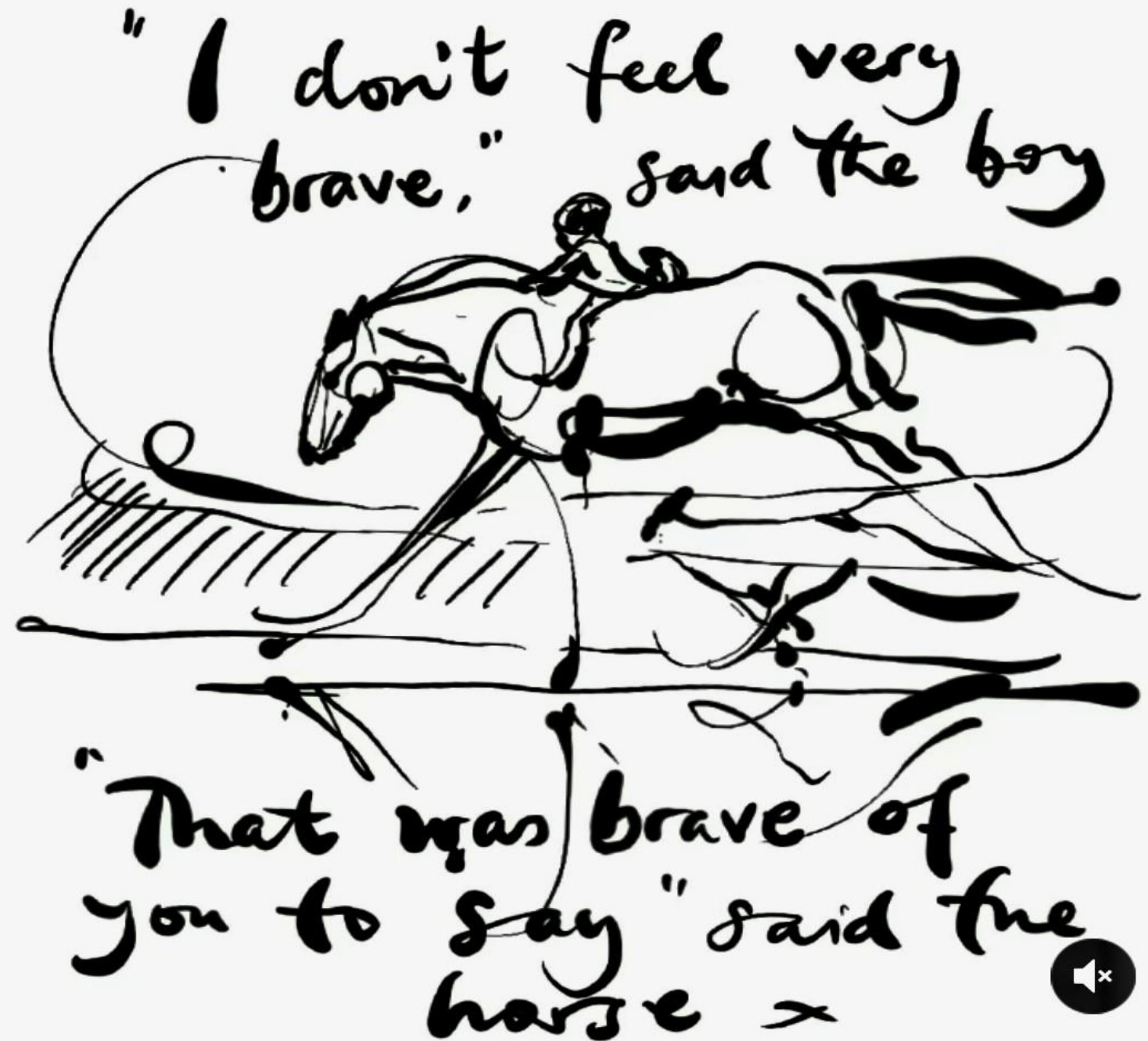




GRIT

Courage and resolve; strength of character

...IN A WORD





Advocacy=Opportunity=Potential Conflict

Conflict = Opportunity

This sheep escaped a farm and spent 6 years in the mountains, during which time he grew 60 pounds of wool. Wolves tried to eat him, but their teeth could not penetrate the floof. You don't have to turn hard to survive the wolves, just be really, really soft and fluffy.



NOW WHAT?



“

Argue like you're right and
listen like you're wrong.

ADAM GRANT

GRACIOUSQUOTES.COM

CONFLICT FRAMEWORK

Attribute **positive intent**

Acknowledge **emotions**

Cultivate **curiosity**

Find **shared** interests

Brainstorm solutions

Adapted from Back, JAMA 2005 and VitalTips App

GRIT/ADVOCACY/OPPORTUNITY

- Finding your spot
 - Advocate (for whom)
- Pick your battles
- Let it go.....



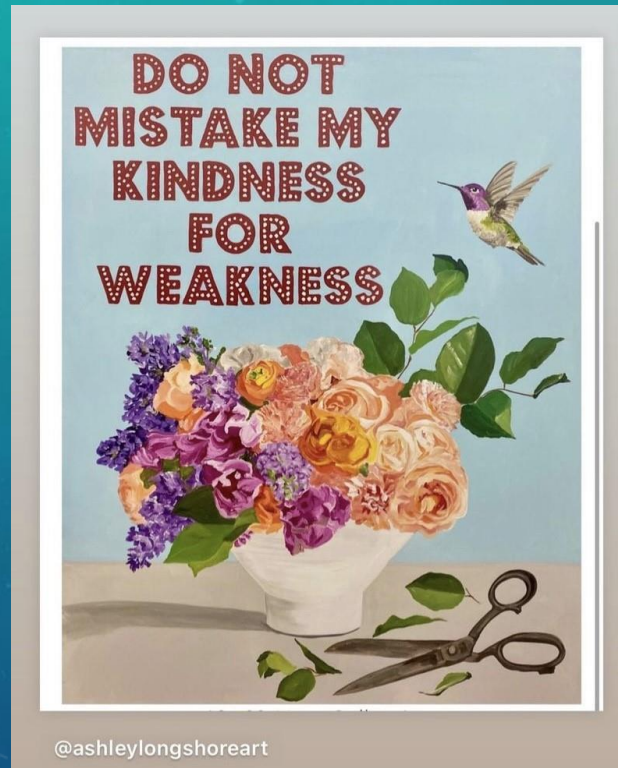
"Sometimes," said the horse.
"Sometimes what?" asked the boy.
"Sometimes just getting up
and carrying on is
brave and magnificent."



GRACE

The quality or state of being considerate or
thoughtful

...IN A WORD



"Be in this
moment



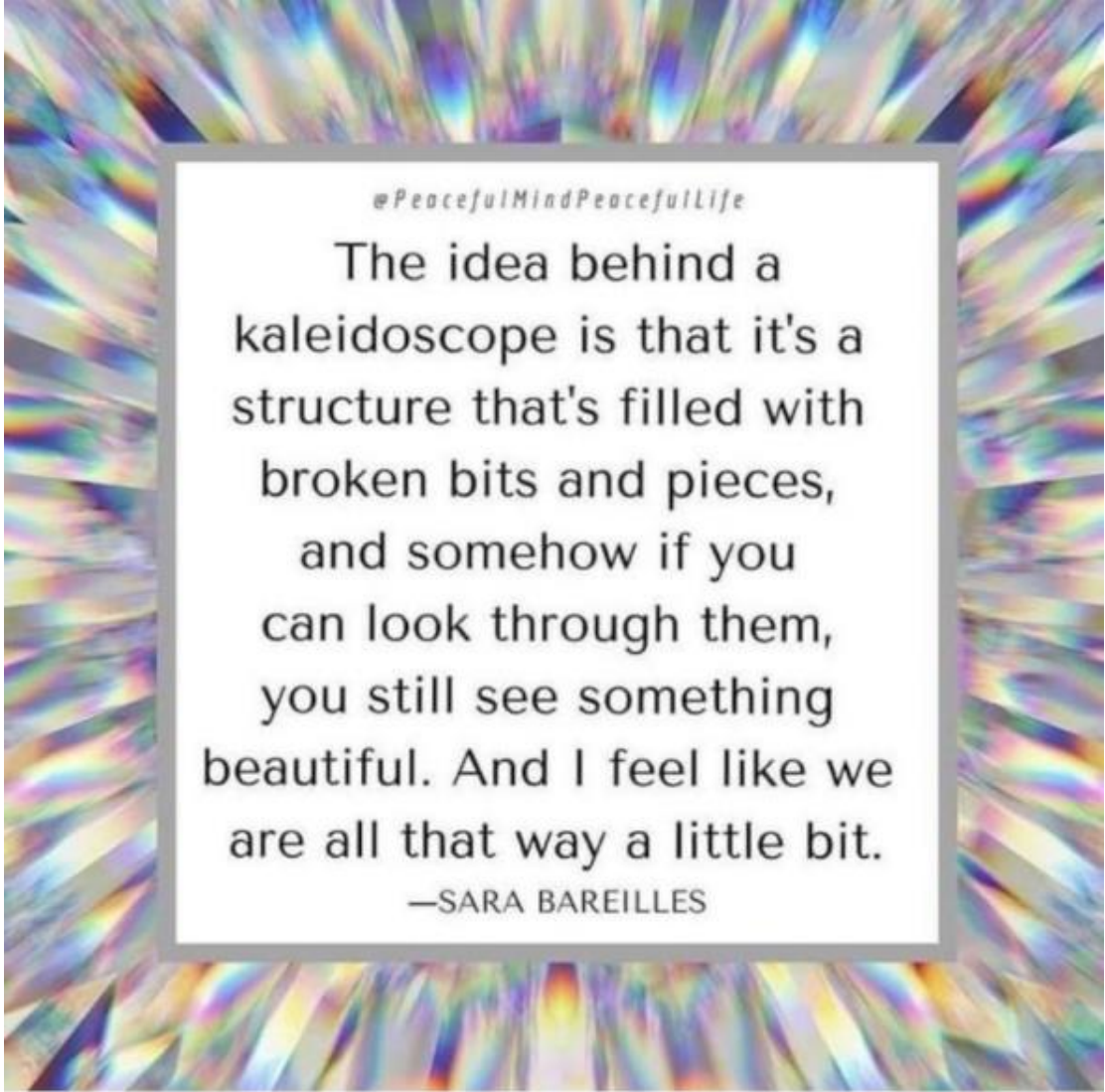
..now is all there
is. "



He got to see flowers for the first time today.

GRACE FOR OTHERS AND OURSELVES



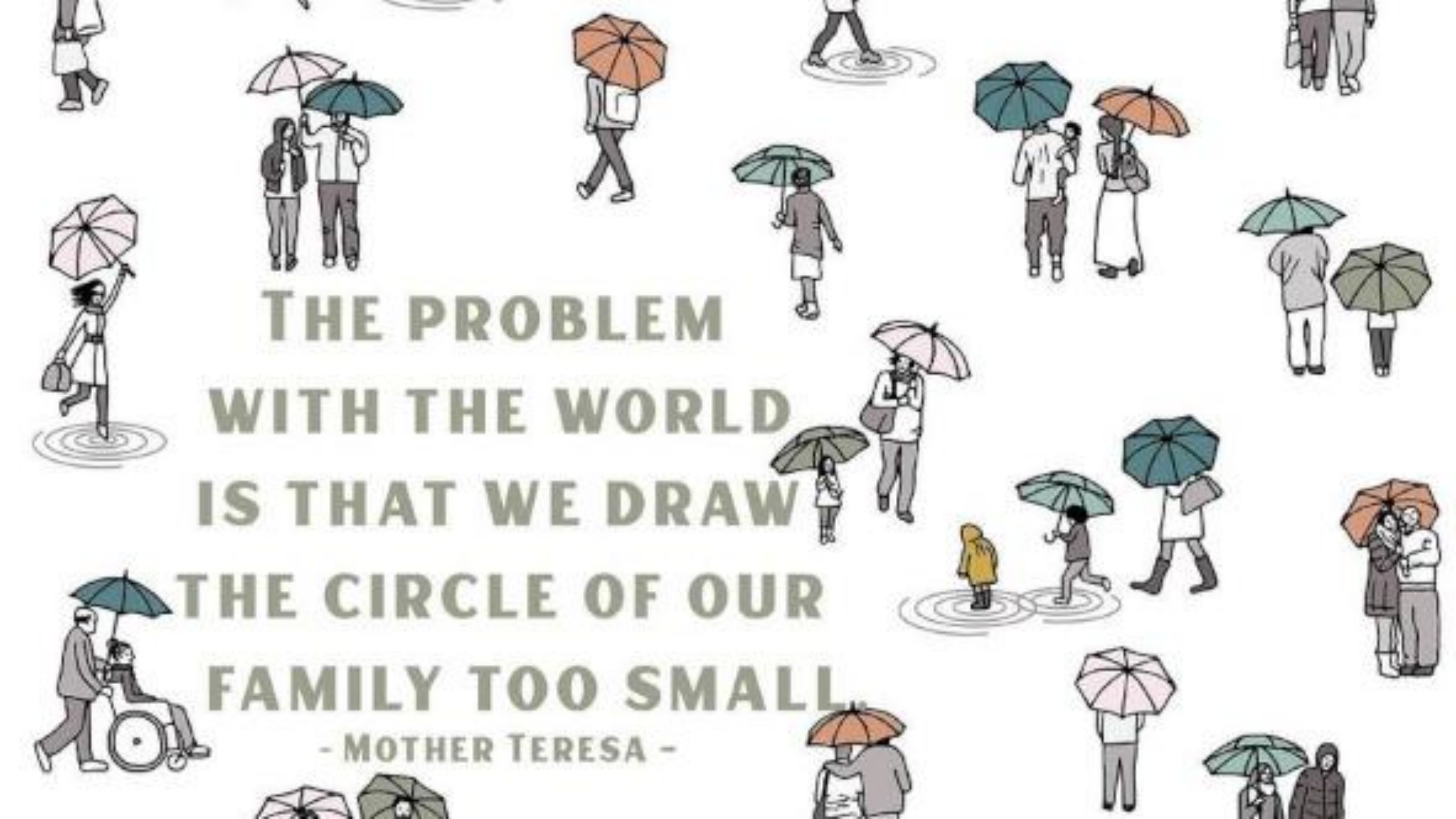


@PeacefulMindPeacefulLife

The idea behind a
kaleidoscope is that it's a
structure that's filled with
broken bits and pieces,
and somehow if you
can look through them,
you still see something
beautiful. And I feel like we
are all that way a little bit.

—SARA BAREILLES



A background illustration featuring various people walking in the rain, each holding a different colored umbrella (pink, orange, green, blue). The figures are scattered across the frame, some walking alone, some in pairs, and one person is pushing a person in a wheelchair. The style is simple line art with flat colors.

**THE PROBLEM
WITH THE WORLD
IS THAT WE DRAW
THE CIRCLE OF OUR
FAMILY TOO SMALL**

- MOTHER TERESA -

Questions and comments welcome!

Ways to participate:

- 1 Type your question into the Q&A tab at the bottom of your screen
- 2 Upvote others' questions to ensure the most popular ones are addressed.
- 3 Use the 'Raise your hand' function; when the moderator calls your name, ensure your camera/audio are on and share your question/comment on screen.

