



# LIFELINE

## NEWSLETTER

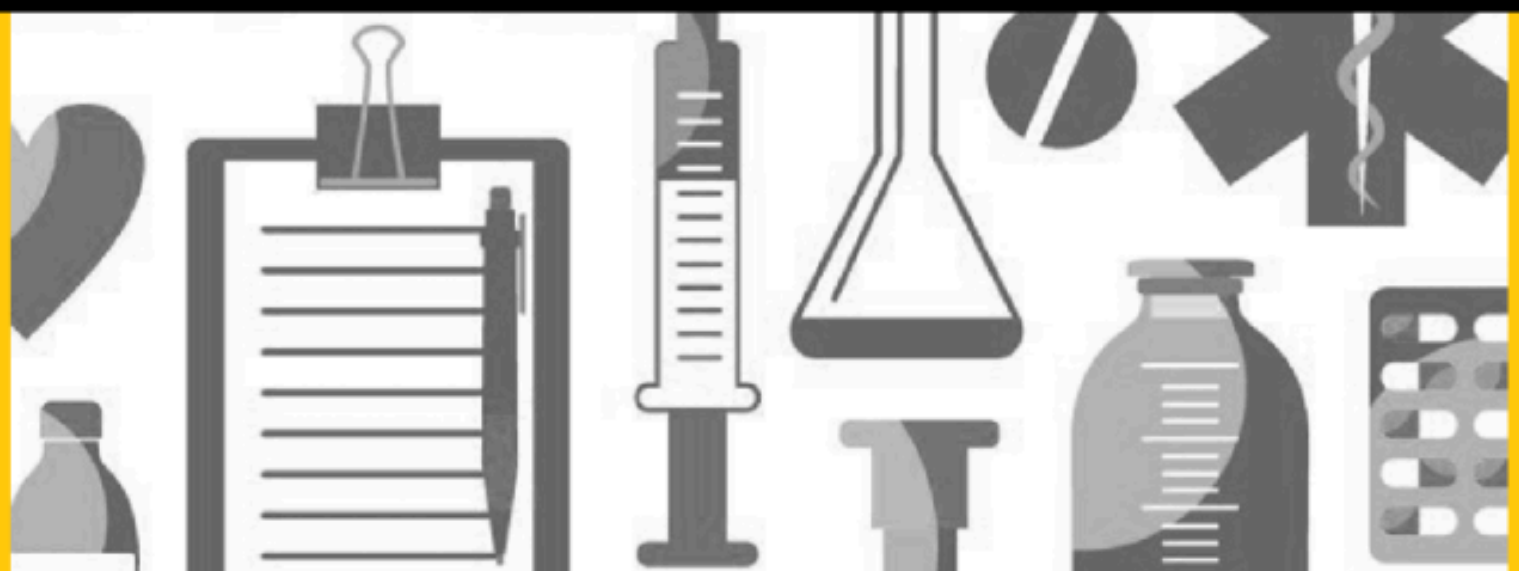


# STUDENT NURSES'

# ASSOCIATION

**AT UNIVERSITY OF CENTRAL FLORIDA**

**ORLANDO**



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# EDITOR'S PIECE

Hi everyone! My name is Brianna and I am the Social Media Director for the SNA chapter at UCF Orlando. As the Social Media Director, I continuously create and post for our social medias and website and bring our Lifeline Newsletter to life! I am so excited to share my creativity with all of you.

Good luck to everyone on their finals! We'll see you next semester!

Feel free to reach out to me if you want to write an article, have suggestions, or if you have any questions at all!

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**BRIANNA ANNUNZIATA**  
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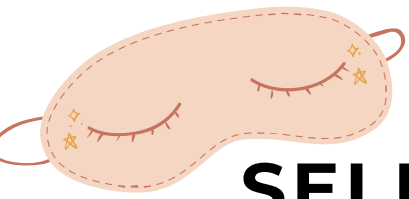
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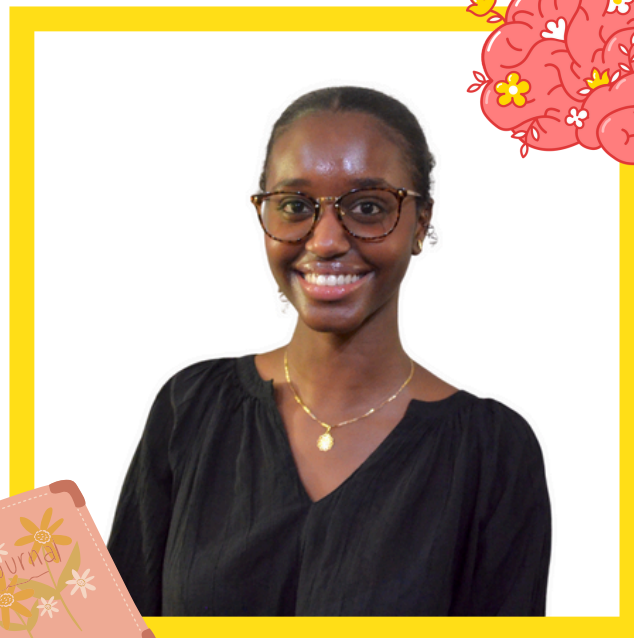
**FACEBOOK:** THE STUDENT NURSES' ASSOCIATION: UCF - ORLANDO

**LINKTREE:** UCFSNA

**WEBSITE:** SNAUCFORLANDO.COM



# SELF-CARE DURING FINALS WEEK WITH SULAH MONIZE



Hello future Knight Nurses! Finals season... it can be overwhelming but it's an important time for us all.

### 1. Prioritize Sleep

Adequate rest is crucial for memory retention and cognitive function. Aim for 7-8 hours of sleep each night to stay sharp and focused. Try establishing a wind-down ritual, whether it be reading a book, journaling, or taking a moment to be mindful.



### 2. Stay Active

You'll be studying and tied down to your laptop a lot of the time while revising, but you should still make time to move your body. Physical exercise can help reduce stress and boost your mood. It doesn't have to be a 2-hour weightlifting session, but something as quick as a lap around the library to get your blood moving and to put your mind on a different topic.



### 3. Healthy Eating

When you're busy trying to remember how to teach your patient how to use crutches, it can be easy to grab fast food and sweets. While nothing is inherently wrong with these foods, your brain needs macronutrients, so during finals season try to nourish your body with balanced meals. Opt for food rich in protein, fiber, and healthy fats. Avoid excessive caffeine and sugar, which can lead to energy crashes.



#### 4. Practice Mindfulness

Take a few minutes each day to practice mindfulness or deep breathing exercises. Mindfulness provides you with an opportunity to separate yourself from your work. Reminding yourself that you're capable of your work and that you've earned the positive things in your life takes the tension off studying. This can help reduce anxiety and improve concentration.



#### 5. Stay Connected

You might find yourself isolated sorting through PowerPoint slides. Try to reach out to friends, family, or study groups. Social support can provide encouragement and a sense of community, which is especially useful to split up big chunks of material and keep the study environment positive.

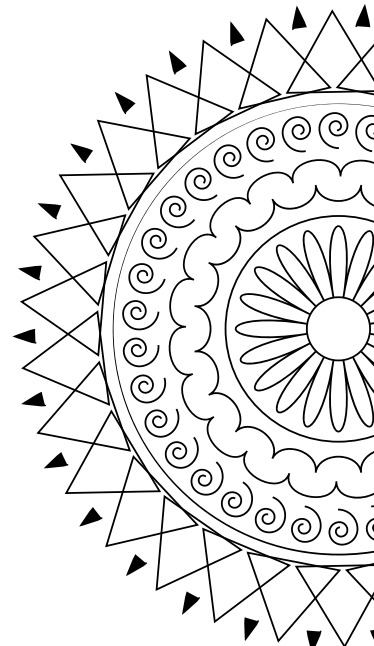
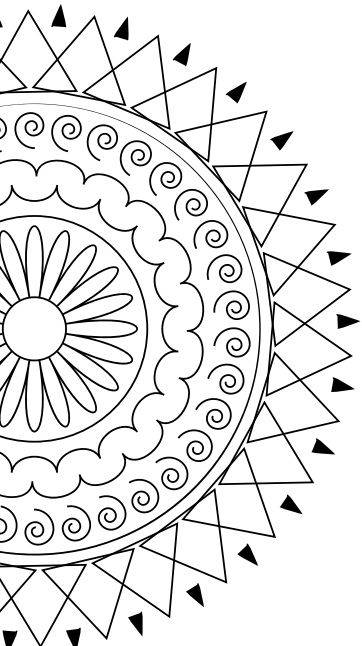


**Remember, taking care of yourself is just as important as studying. Good luck with your exams! GKCO!**





# PRACTICING AND APPLYING MINDFULNESS WITH LINAH MONIZE



Hey Knight Nurses!

As we tackle the ups and downs of nursing school, one thing I've learned about my time here at UCF is that its imperative to take care of ourselves, both mentally and emotionally. One great way to do this is through mindfulness. Let's dive into what mindfulness is all about and how it can make our lives a bit easier!

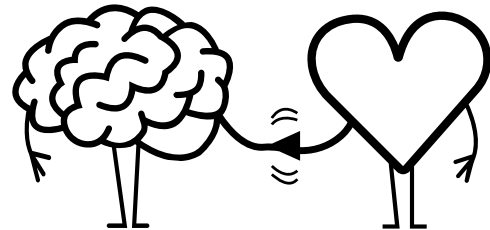
### What's Mindfulness?

Mindfulness is all about being present in the moment. It means noticing your thoughts and feelings without judging them. This practice can help reduce stress and improve focus—two things we definitely need in nursing school!

### Why Should I Practice Mindfulness?

#### 1. Stress Relief:

Nursing school can feel overwhelming at times. Mindfulness can help calm those racing thoughts and make it easier to handle stress.

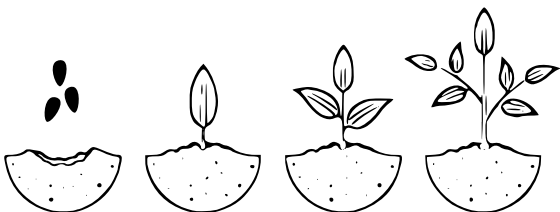
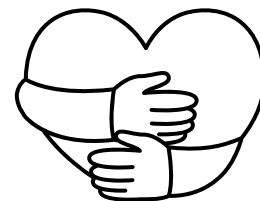


#### 2. Better Focus:

Mindfulness can sharpen your concentration, which is key for studying and retaining information.

#### 3. Enhanced Patient Care:

Being mindful helps you connect better with patients, showing empathy and compassion that are so important in our field.



#### 4. Building Resilience:

Mindfulness can help you bounce back from tough days and challenges, keeping a positive mindset as you move forward!

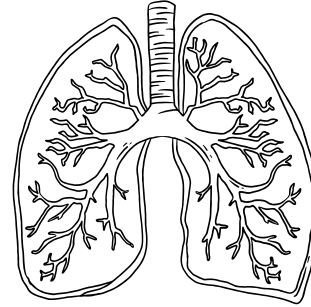


## Simple Mindfulness Practices

Here are some easy ways to practice mindfulness in your daily routine:

### Mindful Breathing:

Spend a few minutes focusing on your breath. Inhale deeply through your nose, hold it for a moment, and exhale slowly for twice the duration of your inhalation. It's a quick way to lower your heart rate and is great to try before exams.

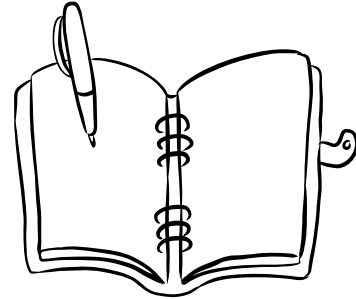


### Mindful Walking:

Turn your walks into a meditation. You can choose to listen to soft music or go headphone-free; take this time to put your stresses aside and focus on the nature around you.

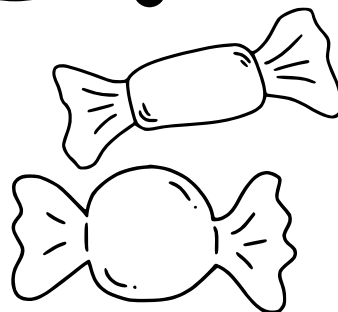
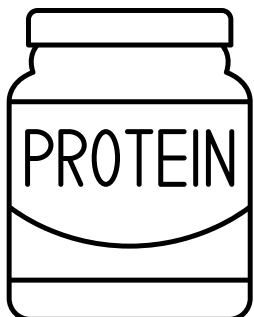
### Journaling:

Take a few minutes each day to jot down your thoughts. Reflecting on your day can help you process what you're feeling and thinking.



### Mindful Eating:

The food we eat and the way we eat it can impact our mental health. Consider choosing healthy options with lots of protein to keep you full; try to find at least 30 minutes to fully and slowly enjoy your meal, and if you're anything like me, grab a sweet treat too.



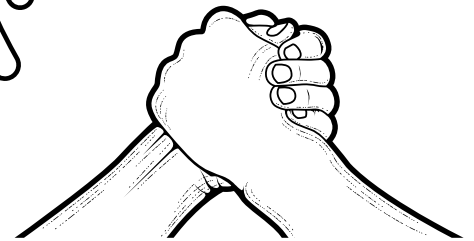
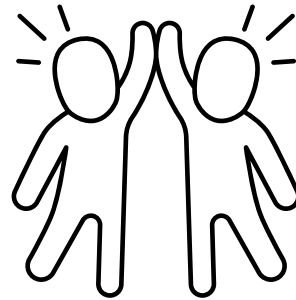
## Helpful Resources

**Apps:** Check out mindfulness apps like Headspace or Calm for guided meditations and exercises.



**Campus Activities:** UCF offers great activities like Meditation under the Stars, and other relaxing activities. Also check out the RWC to work out any pent-up energy or anxiety.

**Buddy Up:** Grab a friend or two and practice mindfulness together. It makes the experience more fun and supportive.



## Wrap-Up

Incorporating mindfulness into your routine can really help you manage the challenges of nursing school. It's not just about getting through school; it's about becoming a more compassionate and resilient nurse.

Take care of yourselves, and let's support each other on this journey!

You've  
Got  
This!

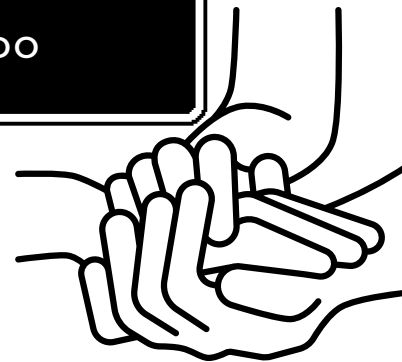
I am  
capable

Stay mindful, stay awesome!

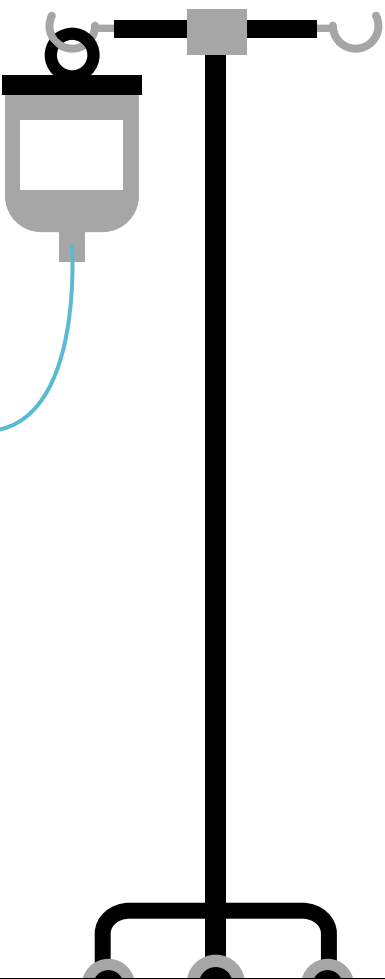
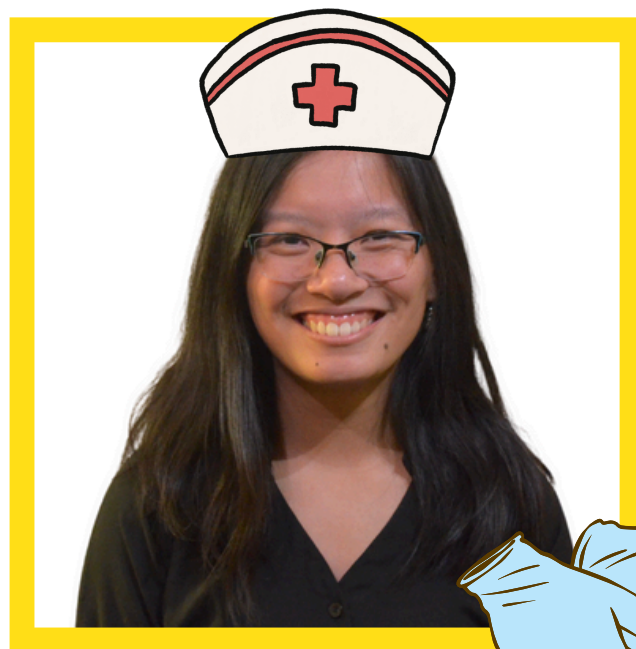
BREATHE

SMALL  
STEPS

Take  
Care of  
Your  
Mind



# THE MEANING OF NURSING BY JENNA KOO



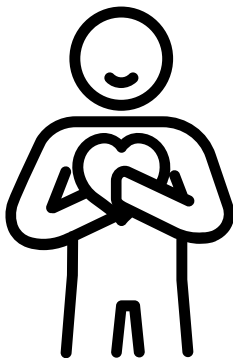
Being a nurse is perhaps one of the greatest honors one could have. The American Nurses Association describes nursing as this: “Nursing integrates the art and science of caring and focuses on the protection, promotion, and optimization of health and human functioning; prevention of illness and injury; facilitation of healing; and alleviation of suffering through compassionate care.”

One of my first classes with the University of Central Florida’s College of Nursing program was taught by Mrs. Donna Breit. At the beginning of our first class, she had told us to write down the reason we decided to go through nursing school to become nurses because nursing is an incredibly difficult field. We could then look back at this “why” statement anytime we are doubting ourselves and struggling through a very difficult program and field in healthcare.

Why?



*“Nursing is the compassionate caregiving that we have been given the opportunity to provide to others. It is to be skillful in your art, to be kind in your actions, to be passionate and precise. Nursing is being the skillful mother or father to those that need it; through the training and scientific knowledge provided to us, we are providing good care. This is the kind of nurse I want to be. The kind that is patient and understanding, that is loving and caring, that is honest and truthful, that is the person that practices the morals of this life. I’m here to give life to the people that will make the world a better place piece by piece. I’m here to give hope to the desperate because I want to be a nurse.”*

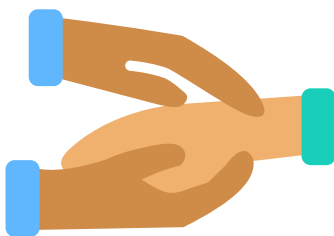


Maybe it is a little cheesy, but I was a first-year nursing student at the end of an eight hour long day of classes. However, through working as a nurse tech at my hospital for nearly a year now and my experiences as a student nurse in clinicals, I have noticed that nursing still yet goes much deeper, much more than giving pain relieving and life-saving medications, dressing wounds, and documenting pressure ulcers. As a nurse tech, when the call bell rings, I have two choices to make, to wait for the patient's request to come in through the call bell or to anticipate their request and fulfill it before they even have to ask. I might bring apple sauce to bed eleven every time I enter because I know it is their favorite snack, declutter their room when I first round on them and introduce myself, or find the time in my busy day to help braid my patient's hair or help shave their face because their hands shake too much. When I walk through the hospital doors, I have a choice to take care of myself and bring positive energy or to really show how exhausted I am as a burnt-out nursing student and not take care of myself. Nursing is about realizing that the big things that are important can matter so much more if we pay attention to the little ones. In fact, they might not matter at all.

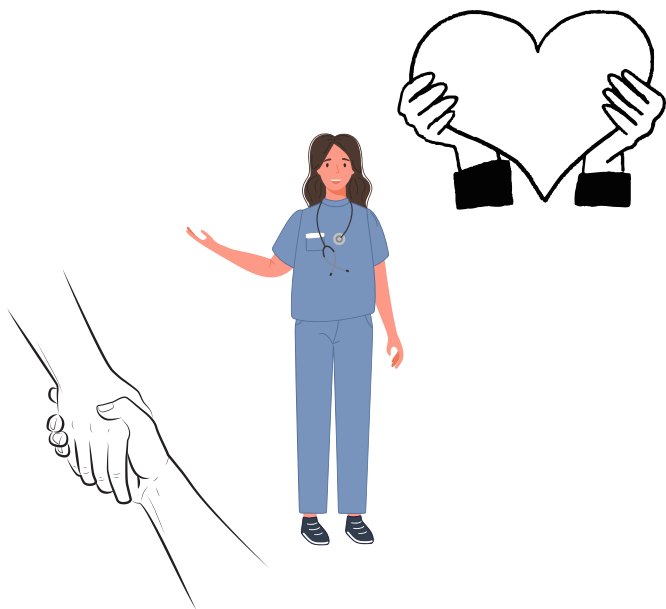
Now I realize that I can add something much bigger to my "why" in nursing. I did it because I wanted to show myself and the others around me that the big things won't matter at all unless we pay attention to the little things. Even the smallest acts of kindness can make the biggest difference. Be the ongoing individual showing kindness because as a nurse not only may we need to administer doses of Zofran or Tylenol but large doses of kindness and compassion.



I recently had the opportunity to listen to ICU and Post-Intensive Care Syndrome (PICS) survivor Spencer Freeman who asked the question, "But what if you could fix someone's life?" That struck me like a hefty blow to the stomach. What if we could truly fix someone's life not by medications and scientifically based treatments but through honesty, connection, and an ear to listen?



Why did I choose nursing? I am a student nurse because I have been called to do nursing. It's not a privilege. Otherwise, I would not have probably chosen such a demanding and difficult career. In concluding this article, I want to share a few things that I believe are crucial to understand in order to fulfill our "why" and make the most of one of the most incredible careers anyone could go into. First, every nurse or student must first take care of themselves before they can care for others; second, every nurse must listen to their patient; third, we must understand that while your most important thing might be saving your patient's life, that might not be the most important thing for the patient or the family. It is the smallest things that matter to help make the most progressive difference in a patient's health on their road to recovery. We cannot expect to heal the physical while not healing the spiritual and the emotional, and we as nurses and nursing students have the honor to be a huge part of that journey.



I grew up with the motto I might have stolen from the live action adaptation of Cinderella, but that is to "Have courage, and be kind." However, I would even change that to "Have courage to be kind" because a little bit of kindness goes a long way. Nursing can be difficult at times, and we might be questioning everything about our career at some point. Knowing that we can only do as much as our hearts are full gives me so much reassurance. At that point, nursing is simple—care for your patients with kindness and respect in every capacity.

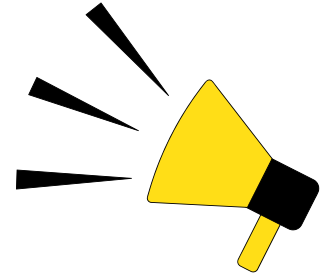
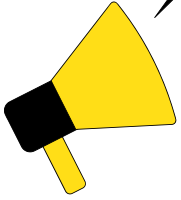
American Nurses Association. (n.d.) *What is nursing?* American Nurses Association.  
<https://www.nursingworld.org/practice-policy/workforce/what-is-nursing/#:~:text=DEFINITION%20OF%20NURSING>

# SNA EVENT RECAP

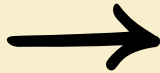
This month we attended the AHA Heart Walk, FSNA State Convention, and held our monthly GBM.



# ANNOUNCEMENTS & UPCOMING EVENTS



CHECK OUT OUR MERCH WEBSITE BY  
CLICKING THE ARROW BELOW!



SAVE THE DATES FOR OUR NEXT GENERAL  
BOARD MEETINGS:

JANUARY 29TH  
1700-1900

FEBRUARY 26TH  
1700-1900

MARCH 26TH  
1700-1900

APRIL 16TH  
1700-1900

HELD IN ROOM 602!

WE ARE FOREVER GREATFUL FOR YOU  
ALL AND CAN'T WAIT FOR ALL THE  
MEMORIES WE'LL MAKE NEXT SEMESTER  
:)

BE ON THE LOOKOUT FOR FEBRUARY  
AND MARCH ELECTIONS INFORMATION!

FEBRUARY ELECTIONS: SPRING '27  
POSITIONS

MARCH: FALL '26 POSITIONS



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**Madeline Sink**

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**Want to be a part of the UCF Orlando SNA board? Contact our Legislative Director Jenna Koo for more information on our next elections!**