

Terra Firma For Nurses

Monthly Newsletter

July 24, 2023

Terra Firma is excited to announce that our website has recently undergone some construction, and we have transitioned to a new platform. The new platform will provide the quality, user-friendly experience that Terra Firma Values. To help you with a smooth transition, we want to provide you with the following important information:

- Your password has been updated. You will receive an email with the new password. Please note that your username, the email address you signed up with, will remain the same.
- Our quality modules have stayed the same. Our modules have not changed, and our course remains as great as ever!
- The Terra Firma App access remains the same. You can access the Terra Firma app on your mobile device or visit learn.terrafirmaapp.com on your desktop.

With the new platform comes a change in how the course is navigated. In the next week, you will receive an instructional video from our Terra Firma Team demonstrating how to navigate the course content easily.

Looking for CNE's?

The Stress Release Course provides 15 contact hours of Nursing Continuing Education credit.

Terra Firma's Stress Release course is required to be approved for continuing education every two years. We are pleased to inform you that Terra Firma's continuing professional development activity has been approved by the **Montana Nurses Association**, which is an accredited approver with distinction by the American Nurses Credentialing Center's Commission on Accreditation.

To receive a Certificate of Completion of 15 contact hours of Nursing Continuing Professional Development credit, the participant must complete a Pre-test, view all sessions, complete all Lesson Assessments/Evaluations, complete the course evaluation and complete the Post-test with a 70% or higher score.

Got Stress? Do This:

- Lie down with your eyes closed.
- Inhale and exhale slowly and deeply. With each inhalation, subvocally count down from 20 to 0.
- Follow each exhale with the word relax or the affirmation "I am relaxed."
- For example, Inhale. "20." Exhale, "I am relaxed." Inhale, "19." Exhale, "I am relaxed." And so on, down to zero.
- Once you have reached "zero," remain in this peaceful state for a few minutes or drift off to sleep.
- Slowly return to normal wakefulness.

You can substitute the word "relax" with whatever you need. For example, use words like strong, peaceful, calm, open, still, etc.

If you have trouble falling asleep, this is a simple technique that can help you achieve a deep and restful slumber.



Don't forget to stay connected with us on [Facebook](#) and [LinkedIn](#) under "Terra Firma" and on [Instagram](#) - [@The_Terra_Firma_App](#).

Do you need additional assistance? Click [here](#) to email us!

