Self-Care for New and Student Nurses

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Additional Readings
This book came to an end, but we just couldn’t stop. As we hope you have discovered, there are more resources and ideas on self-care and flourishing available to you now than ever before. We’re not sure if that’s simply a reflection of the difficult times we live in, or if it’s that more thinkers and writers are thinking and writing about these important topics.

We close this book with a few more readings—books and articles—that we would read again (or have read again) and that we want to share with you. Most are closely tied to this book’s chapters; a few are simply books we keep close at hand because they have had such an impact on us. We hope you will find a few treasures in this list as well.

**Introduction**


**Chapter 1: The Fundamentals of Stress, Burnout, and Self-Care**


**Chapter 2: The Fundamentals of Resilience, Growth, and Wisdom**


**Chapter 3: Developing a Resilient Mindset Using Appreciative Practices**


Chapter 4: The Community Resiliency Model (CRM)® Approach to Mental Wellness for Nursing Students and New Graduate Nurses


Chapter 5: Self-Care, Communal Care, and Resilience Among Underrepresented Minority Nursing Professionals and Students


Chapter 6: Self-Care for LGBTQIA+ Nursing Students


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Chapter 9: Mindful Compassion: A Life in Practice


Chapter 14: Six Steps to Compassion: Practicing T'ai Chi in a Healthcare Setting


Chapter 17: Healthy Work Environment: How to Choose One for Your First Job


Chapter 19: Sowing Seeds of Resilience: Compassionate Care Ambassadors


Chapter 20: Mattering: Creating a Rich Work Life


Chapter 21: Integrating a Life That Works With a Life That Counts


Chapter 22: Providing Compassionate Care and Addressing Unmet Social Needs Can Reduce Your Burnout


Chapter 23: Showing Up With Grit and Grace: How to Lead Under Pressure as a Nurse Clinician and Leader


