

5 Self-Care Tips Every Nurse Can Do Today

From *Self Care for Nurses: Small Doses for Wellness*

Self care doesn't mean you must adopt the contemplation practices of a monk and exhibit the compassion of Mother Teresa, all while taking a daily bubble bath. The version of self care we present in this book—one backed by research—entails practices you can fit seamlessly into your life in small doses throughout your day.



"CHECK IN" WITH YOURSELF.

If your back or neck feel tight, relax your shoulders. If you feel irritated, gently ask yourself, "What's up with that?"



STAY PRESENT.

A wandering mind is an unhappy mind. Stay focused on the present moment, even if you're doing something mundane or unpleasant.



BREATHE.

The simplest and most effective antidote to anxiety, stress, or discomfort is to take 3-5 slow, deep breaths. Remember to "Gel in and breathe."



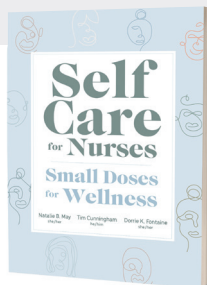
SAVOR THE GOOD STUFF.

Don't race through the moments that bring you joy: a warm bed, that first sip of coffee, a colleague's warm smile, or a patient's "thank you."



FOCUS ON WHAT YOU WANT MORE OF.

Let's say you need more compassion in your life. Look for examples in your workplace, your community, and even in the news.



Self Care for Nurses: Small Doses for Wellness

by Natalie B. May, Tim Cunningham, and Dorrie K. Fontaine is grounded in research and rich in expertise gleaned from fellow nurses and other practitioners across the healthcare spectrum. It offers proven self-care strategies in small doses that can positively transform your relationship with work.



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