

WHOLE HEALTH BEGINS WITH

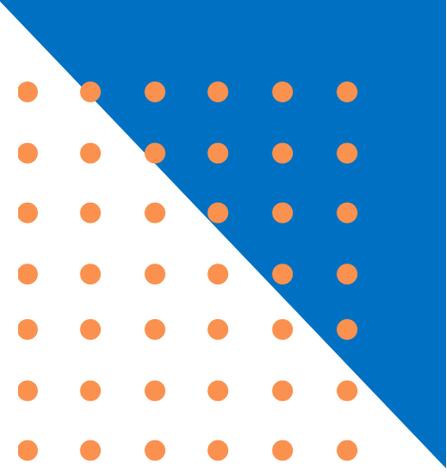
Mental Health.

LET IT BEGIN WITH

YOU!



**SELF CARE TIP SHEET
FOR NURSES**

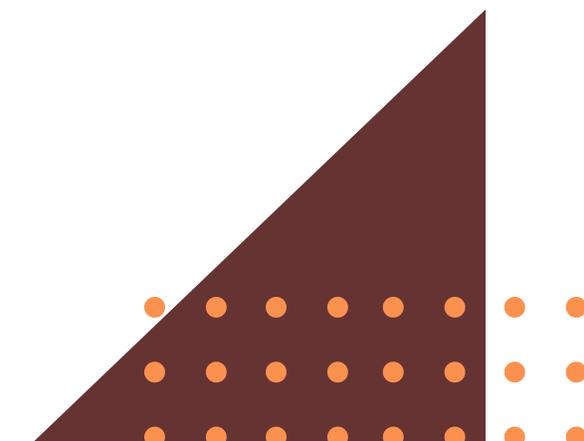


SELF-CARE FOR NURSES

Whole health begins with mental health. As psychiatric-mental health nurses, we know that whole-body wellness can only be achieved with a strong foundation of mental health. But as nurses, in our devotion to providing care to others, we also often neglect our own health. The 2017 ANA Nurses Week theme, "Nursing: the Balance of Mind, Body, and Spirit", speaks both to the holistic nature of nursing and serves as a reminder of the need to practice self-care on ourselves. This tip sheet was created based on feedback from nurses like you. Use these tips to nurture your own resilience and well-being.



Tips to nurture your mind, body, and spirit from psychiatric-mental health nurses around the country.





TIPS TO NURTURE YOUR MIND, BODY, & SPIRIT

Schedule your self-care.

Set a time each week to focus on yourself the same way you schedule your work.

"I penciled in a day for self care... and most importantly I STICK TO IT."

Take up a hobby.

Nurses from across the country spend their spare time painting, gardening, dancing, and even beekeeping. Find something that brings you joy and take time to do it.

"[Painting] allows my mind to let go of all the of the pressures that would distract me and keep me restless."

Unplug.

Turn off electronic devices (including TV and cell phones), leave work at work, and take a moment to unwind from the day.

"I try to limit TV news as much as possible (this is hard because I could watch PBS, C-SPAN, & cable news 24/7)."

Use self-talk.

Engage in positive self-talk to remind yourself to think positively.

"[I use] self-talk in my car to hear myself and to release thoughts that make no sense or overwhelm me."



TIPS TO NURTURE YOUR MIND, BODY, & SPIRIT

Don't be afraid to say no....

If your schedule is already full, don't be afraid to say "no" to taking on additional responsibilities.

"In all honesty, I make myself available for all my responsibilities except [during] selected times."

...But say yes to friends, family, and colleagues.

Whenever possible, say "yes" to spending time with those you care about.

"I get together as frequently as possible with a huge, extended family to live deliberately to create peace."

Do yoga.

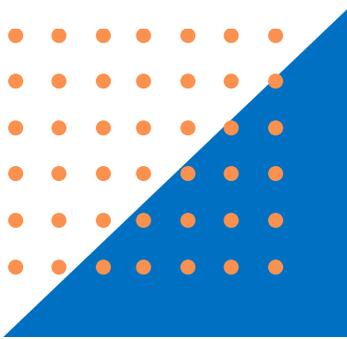
Yoga can help energize your body and focus your mind.

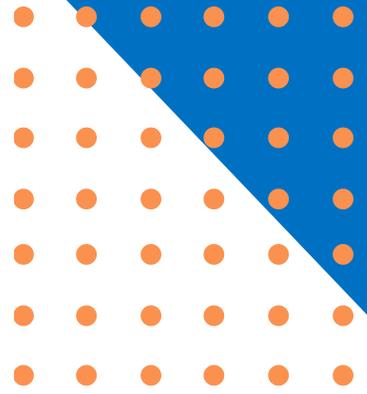
"I begin each day with yoga ... It allows me to center myself for my day, and to be present to the veterans I treat."

Focus on nutrition.

As the saying goes, food is fuel. Eat a well-balanced meal to keep your body fueled.

"Through exercise, healthier nutrition, herbology, and now really studying psychiatric nursing, I better understand myself."





TIPS TO NURTURE YOUR MIND, BODY, & SPIRIT



Get moving.

Be it a bike ride, dog walk, or even a ballet class, exercise can help you unwind.

"I'm a big fan of exercise as a coping skill so I work out 5-6 days a week spinning and lifting weights."

Go outside.

Go for a long walk or hike in your local park, mountain, or beach.

"Walking to the beach, filling my lungs with good sea air and the feel of the wind in my face cleanses my soul."

Try meditation.

Both transcendental and guided meditation can assist in promoting self-awareness.

"Transcendental meditation is a tool that I use. If one does not know yet, learn to listen to your body."

Extend self-care to work hours.

Take breaks when you can and be sure to eat (even if it's just a snack).

"Taking a work break improves the care of yourself and your patients."



TIPS TO NURTURE YOUR MIND, BODY, & SPIRIT

Get a massage.

Not only does massage address tension, it can also help you emotionally refresh.

"[Massage] releases not only the tension in the body but the emotions stored during all traumas that we went through over the years."

Prioritize sleep.

A good night of sleep can make a world of difference.

"Good, nurturing sleep is my way of loving my body, especially my brain, for all that it does day to day."



Listen to music.

From live concerts to your favorite recording or even making music of your own, music is an easy way to de-stress.

"I make an effort to hear live music, not expensive concerts, but just local, live music. It ALWAYS makes me feel better and happier."



TIPS TO NURTURE YOUR MIND, BODY, & SPIRIT

Hug someone.

Physical contact can reduce stress and release a hormone that boosts happiness.

"The best part of my day is when I get home and hug my dog."



Embrace your spirituality.

Whatever form you choose, you can lift your emotions by embracing spiritual practice.

"My spiritual practices are founded on Native American traditions. I involved myself with ceremonies to purify and bring myself back to balance."

Enjoy life!

Take time to find the joy in your life and appreciate the good things when you can.

"Take a deep breath and feel the sun on your skin and smile as you recall how each person has touched you. As you do, realize the secret of nursing is that each person you care for has helped you become a better nurse for the next person."

