

# Resources for Nurses: Keep Your Spark!



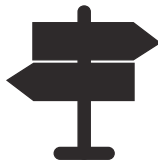
## SUPPORT SYSTEM

Find your person.  
A family member. A friend.  
A significant other. A mentor.  
A therapist. Employee  
Assistance Program.  
Peer Support Group.



## IDENTIFY TRIGGERS

What is causing your burnout?  
Long hours? Short staffed?  
Unsupportive leadership? Toxic  
environment? Morally distressing  
situations? No recognition? Poor  
communication? No teamwork?



## MAKE A CHANGE

Change from nights to days.  
Say yes/no to being on a  
committee. Change units.  
Change specialties. Change  
hospitals. Become certified.  
Go back to school. Find a  
non-clinical nurse job.



## HEALTHY WORK ENVIRONMENT

Healthy Work Environment  
standards from national nursing  
organizations. Meaningful  
recognition. Adequate staffing.  
Zero tolerance for violence or  
bullying. Shared governance.



## SELF-CARE FOR NURSES

Taking care of yourself is part of taking care of your patients! Say no to extra shifts so you can recharge on your days off. Use your PTO. Celebrate reaching your personal and professional goals. Make time to be physically active. Make brunch plans with a friend. Spend time in nature. Pet a dog. Make healthy food choices but don't forget to treat yourself. Practice assertiveness. Volunteer in your community. Travel somewhere new. Develop a new hobby. Keep a gratitude journal. Positive self talk. It's okay to say no. It's okay to say yes. You don't have to do it all. Get help. Remember your why.