

The Physical Health of the Nurse: Self-care of the Healthcare Worker

According to the American Nurses Association, the healthy nurse is one who actively focuses on creating and maintaining physical wellbeing.

Improve Sleep

- Keep a consistent bedtime
- Evaluate your mattress and pillows
- Prior to bedtime
 - Engage in soothing activities
 - Prayer
 - White noise
 - Reading
 - Calming music
- Prior to bedtime- Avoid

Nicotine
Caffeine
Overeating
Overstimulation



Stay Healthy

- Routine visits with primary care provider
- Routine laboratory and diagnostic tests
- Preventative and early detection screenings

Mammograms Colonoscopies
Pap Smears Testicular exams

- Prenatal Visits
- Visual health
- Dental health



Improve Weight

- Increase water intake
- Limit soft drinks and fruit juices
- Minimize TV and computer time
- Walk 30 minutes daily
- Eat a balanced diet

Whole grains
Fresh fruits
Vegetables
Lean meats
Healthy portions



The Mental Health of the Nurse:

Coping with Stress at Work and at Home

The American Nurses Association states, “Nurses support patients to live life to the fullest, and they deserve the same privilege.”

Managing Time

- Plan your day and prioritize duties
- Delegate when appropriate
- Recognize when you need help
- Ask for help when needed

Don't create a sink or swim environment



Be the nurse you want to work with!

Conflict in the Workplace

Tips for resolving conflicts:

- Address an issue early before it escalates
- Calm down before confronting the issues
- Seek to understand the opposing view
- Think before communicating and sending emails
- Communicate effectively
- Active Listening
- Respect Everyone
- Zero tolerance for workplace bullying



Managing Stress

- Keep a positive attitude
- Take a walk to clear your mind
- Relaxation Techniques
 - Meditation
 - Prayer
 - Reading
 - Listening to music
- Gratitude increases mental strength
- Healthy diet
- Rest and sleep
- Control your actions and thoughts

