Celebrating Nurses During Nurses Week

Key Takeaways:

1. Thank you to all Nurses around the world, and everything you do. Nurses are the key to our healthcare systems' quality, safety, and patient outcomes.
2. Self-care is not a “Nicety” it is a necessity. As nurses, you often give to everyone else but do not prioritize your well-being.
3. Brief actions can improve your overall well-being, and deal with stress, burnout, anxiety and depression.
   - When you are stressed, you can utilize the 4-7-8 Method: Breathe in for 4 seconds, hold your breath for 7 seconds, and exhale for 8 seconds. This method has been shown to reduce stress and lower blood pressure.
   - When you are anxious or feel guilty, practice mindfulness. Focus on the present moment, then slowly turn your head to the left, and move it slowly to the right. Then find 5 things you can see, identify 4 things you can hear, and identify 3 things you can touch.
   - When you begin to feel stressed, or anxious, ask yourself the following questions to catch, check and change your thinking:
     - What was just going through my mind?
     - Is it helpful to be thinking these thoughts?
     - Is it true?
     - Do I have evidence to back it up?
   - Take 10-minute breaks during the day to get your physical activity. This can include walking, jumping jacks, or dancing.
   - Ensure you eat 5 fruits and veggies a day.
   - Do not smoke and limit alcohol consumption to a maximum of one standard-size drink per day.
   - Ensure 7 hours of sleep minimum per night.

Thank you to all nurses for all that you do every single day. You matter so much and are so valued. Prioritize your self-care. Happy nurse's week and keep dreaming, discovering, and delivering.