



Survival Tips

- Identify your own emotional responses to stress and change.
- Expect them to vary with different aspects of your work (schedule, patient care, relationships with colleagues).
- Ask for help when needed – it is not a sign of weakness to seek help!
- Talk with others, utilize resources (Colleagues, Expert Nurse Resources, EAP Program, Health 1st webpage, Chaplain, friends, family, counselor).
- Identify the continuities in your life. “Keep it Simple”: Try to minimize changes elsewhere in your life if possible.
- Balance rest and activity: get regular exercise, good quality rest.
- Stay hydrated and well nourished on the job: Drink plenty of water and eat nutritious snacks & nourishing meals.
- Take a “Time Out”!! Get outdoors or off the floor for your break.
- Plan something pleasant for your day off or at the end of a stressful day.
- Set limits and maintain personal and professional boundaries.
- Surround yourself with people and things that comfort you: friends and family, a beloved pet, a good book, hobbies you enjoy, music, etc.
- Balance: Work-Family-Social life ~ Physical-Emotional-Spiritual
- Breathe! When you feel the tension build, take a brief time out to take 3 deep breaths in and out.
- Pace yourself, prioritize.
- Develop and use your sense of humor – laughter is good medicine!
- Establish routines to help you manage your time.
- Keep a journal of thoughts and feelings.
- Clarify your values and priorities.
- Consider meditation, yoga, tai chi, or other mindfulness practice.
- Practice kindness and patience with self and others.
- Learn and practice flexibility and adaptability to change and transition – you’ll be doing it all your life!