

**Self-Care Strategies**



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**Is Burnout Inevitable for Nurses?  
Early Warning Signs of Burnout**

- Irritability
- Weight changes
- Frequent headaches and gastrointestinal disturbances
- Chronic fatigue
- Insomnia
- Depression
- Feeling of helplessness
- Negativity
- Cynicism
- Angry outbursts
- Being self-critical

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**Impaired Nurse**

- Wants to medicate other nurse's patients
- Tends to "over-medicate" medicate
- Diversion Program

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**Empowerment and Self-care**

- Self-care is really about empowerment
- With empowerment comes a feeling of well-being and effectiveness
- Knowing one's self is the very first step in learning to care for one's self

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**Suggested Strategies for Self-Care That Are Based on the Holistic Self-Assessment Tool**

Not having our life in a state of balance  
+ (and)  
Not having a vision for the future  
= (reflects)  
A state of poor self-esteem

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**Factors found in a healthy self esteem**

- A manner and way of talking and moving with confidence
- Ease in talking accomplishments and short comings
- An attitude of openness to and curiosity about new ideas
- Openness to criticism and comfortable about acknowledging mistakes
- An ability to enjoy the humorous aspects of life in one's self and others

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**Holistic Self-Assessment Tool: the components of the tool**  
Zerwekh

- Emotional potential
- Social potential (friends and time)
- Physical potential
- Spiritual potential
- Mental potential
- Choice potential

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**Emotionally Healthy/  
Emotionally Intelligent**

- Emotionally healthy
  - Being aware of your feelings and acknowledging them in a healthy way
- Emotionally intelligent
  - Knowing one's emotions
  - Managing emotions
  - Motivating one's self
  - Recognizing emotions in others
  - Handling relationships

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**What about Friends and Fun?  
How Do I Find the Time?**

- Don't overcommit
- Budget for fun
- Cultivate friends outside of nursing

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**Self-Care**  
**How Do I Take Care of My Physical Self?**

- Proper nutrition
- Maintaining a healthy weight
- Obtaining adequate sleep
- Quitting smoking
- Limiting alcohol consumption to one drink daily
- Exercising on a regular basis

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**Self-Care Strategies to Foster My Spiritual Self—Does My Life Have Meaning?**

- Life is a positive experience
- Relationship with a greater power
- Feel good about the future
- Believe there is a real purpose in life

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**How Do I Increase My Mental Potential?  
It's OK to Daydream...**

- Remove negative thoughts or self-defeating beliefs
- Give yourself daily affirmations
  - Begin each day with some affirmations

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**What Are My Choices, and How Do I Exercise Them?**

- Take a proactive stance
  - Use proactive language versus reactive language
- Act responsibly toward yourself and to others

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