

3 steps to resilient nurse

1. Know our brain. Know that often we have patterns and habits with our brain that keep us stuck. That some of our issues are belief or thought issues. Thoughts are not facts. Facts are not stories. Really question if what you write on the lines is something that can be proven. For me what I think other people think was what I thought was fact. What was your biggest issue at work today? Write down all that comes up.

What was your biggest joy at work today? Write down all that comes up.

2. Feel feelings-right now right down how you are feeling. A feeling. Our feeling comes from a thought. The thoughts are above. Pick one thought and write down what it makes you feel.

3. Practice this awareness for 4 days straight once a day whether you are working or not. I guarantee when you gain awareness of the thoughts that you are having you will love this work. When you can release thoughts that are not working before you get home from shift, you will FEEL better and have more fun.

