

The Nursing Well

NEW NURSE ESSENTIALS CHECKLIST

BEFORE THE SHIFT BEGINS

<i>Pack your bag the night before</i>	♡
<i>Review your schedule</i>	♡
<i>Look up common meds</i>	♡
<i>Research common diagnosis'</i>	♡
<i>Check in with yourself</i>	♡
<i>What do you need to feel supported?</i>	♡

DURING YOUR SHIFT

<i>Breathe between tasks</i>	♡
<i>"Airway, Breathing, Circulation"</i>	♡
<i>See the person, not just the patient</i>	♡
<i>Ask questions early</i>	♡
<i>Document early, give yourself grace</i>	♡
<i>Take your breaks</i>	♡

END OF SHIFT LOVE NOTES

<i>Give report with kindness and care</i>	♡
<i>Thank a team member</i>	♡
<i>Let the shift go when you clock out</i>	♡
<i>Reflect: What did I do well today?</i>	♡
<i>Celebrate one small win!</i>	♡
<i>Text a nurse friend: vent, cry or cheer</i>	♡

ON THE DAYS YOU ARE OFF

<i>Rest is not lazy: its nourishment</i>	♡
<i>Connect to joy: dance, cook, journal</i>	♡
<i>Reflect on your why, rewrite it often</i>	♡
<i>Light a candle = calm nervous system</i>	♡
<i>Rested nurses are better nurses</i>	♡
<i>Prepare nourishing foods and drinks</i>	♡

NERVOUS SYSTEM NOURISHMENT

<i>Speak gently to yourself</i>	♡
<i>Give yourself grace</i>	♡
<i>Keep something calming nearby</i>	♡
<i>Hydrate: Take mindful sips of water</i>	♡
<i>Drop your shoulders</i>	♡
<i>Un-clench your jaw</i>	♡

GROWTH + GRACE REMINDERS

<i>Advocate for your needs</i>	♡
<i>Remember: You are still learning</i>	♡
<i>Mistakes = Growth</i>	♡
<i>Perfection is not required</i>	♡
<i>Boundaries are Brave</i>	♡
<i>You bring a light that no one can</i>	♡

Dear Nurse, breathe deep. You are not alone on this journey.