

# TIPS TO AVOID BURNOUT

A resource from Ann Bindra, MSN, RN, NPD-BC, CCRN-K

Good nutrition and physical activity are important parts of leading a healthy lifestyle. As nurses and nurse leaders we are constantly giving. We cannot pour from an empty cup. Therefore, it is imperative to take care of ourselves.

## THE MOST IMPORTANT RELATIONSHIP IS THE ONE YOU HAVE WITH YOURSELF.



### **DRINK LOTS OF WATER**

Aim for 8-10 glasses of fluid per day.



### **POSITIVE SELF-TALK**

Discover a mantra for yourself. Only speak kindly to yourself.



### **EAT HEALTHY FOOD**

A balanced diet can help you reach and maintain a healthy weight, reduce your risk of chronic diseases, and promote your overall health.



### **SLEEP AND REST**

Discover your sleep patterns. Get the proper amount of sleep needed. Keep a sleep journal. Use technology or apps to discover how much you are truly sleeping.



### **EXERCISE**

As a general goal, aim for at least 30 minutes of physical activity every day. Do not share gym equipment with others. Wear a mask. Try home exercise apps. Even light exercise counts. Try walking, gardening, and cleaning.



### **INCORPORATE AN ATTITUDE OF GRATITUDE**

Even in the most painful moments simple blessings are all around. Acknowledge pain and grief. In these perilous times reach out and talk to someone if you are struggling.

**IT'S OKAY TO ADD "DO NOTHING"  
TO YOUR TO-DO LIST!**

References:  
[fitness.gov](https://www.fitness.gov) | [mayoclinic.org](https://www.mayoclinic.org) | [helpguide.org](https://www.helpguide.org)  
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