

A NURSE'S GUIDE TO INCREASING RESILIENCE



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

MAINTAIN BOUNDARIES

- Find an area in your house where you can sit comfortably and focus.
- This area should be separate from your relaxation space, ideally away from a TV screen or other distractions.

FIND A NURSE MENTOR

Ask your manager or professional network where you can find another nurse who is willing to mentor you. If you are not part of a professional organization, consider joining one!

DEVELOP HEALTHY SELF-CARE PRACTICES

Some ideas include practicing yoga, walking, making a gratitude list, simplifying your schedule, unplugging for a day, stretching, and resting.

MINIMIZE DISTRACTIONS

- Harness your imagination and do something creative, like painting, cooking, coloring, singing, or playing an instrument.
- Lock your phone away if needed.

PRACTICE MINDFULNESS

“Build an awareness of what arises from paying attention in a particular way: on purpose, in the present moment, nonjudgmentally.”
- Jon Kabat-Zinn (2017)

CREATE A NURSE BUDDY GROUP

Whether it is at your organization or outside of work, create a group and meet regularly (virtually or in-person with precautions in place).

FIND WEBINARS

Stuck in a webinar zoning out? Taking notes keeps your mind engaged.

PARTICIPATE IN EXPRESSIVE WRITING

Use a journal to express yourself and do self-reflection.

References:

Sampson, M. (2019)
<https://doi.org/10.1111/wvn.12411>

Stacey, G. (2019)
<https://doi.org/10.19043/ipdj.91.009>