

SELF CARE CHECKLIST FOR NURSES

Burnout- A syndrome characterized by emotional exhaustion, depersonalization, and reduced personal accomplishment.

- **33.5% of nurses leave their job within the first 2 years due to burnout. Below is a checklist that you can use to ensure that you are exercising self care:**

NURSING SELF CARE CHECKLIST:

I can only do what I can do:

- **I do not control outcomes**

I am working to develop healthy habits:

- **Exercise**
- **Diet**
- **Reading**
- **Meditating**
- **Enjoying a hobby**
- **Treating myself**



I have found a place to vent (outlet):

- **Journal**
- **Friend**
- **Family member**
- **Co-worker**

Sleep habits:

- **Make sleep a priority**
- **Let family and friends know that you are offline (sleepy time!)**

Seek help:

- **Counseling**
- **Medication**

Learn to say no:

- **The money sounds good, but extra shifts can burn me out**