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:

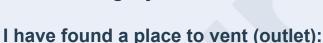
NURSING SELF CARE CHECKLIST:

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



- 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



