

DEALING WITH A PANDEMIC

5 TIPS FOR SELF CARE AS A NURSE

STAYING POSITIVE & OPTIMISTIC

1. USE COGNITIVE BEHAVIORAL TECHNIQUES

Think about replacing negative or harmful thoughts with an image such as a stop sign or red light. Then, take 1 or 2 deep, cleansing breaths, and replace the negative thought with a positive image.

2. ARTICULATE POSITIVE AFFIRMATIONS

These powerful tools help shape our overall mindset, outlook, and worldview. Select affirmations that resonate with you, and repeat them often. An example: "I can get through tough times, because I've done it before."

3. FOCUS ON PREVIOUS ACHIEVEMENTS & SUCCESSES

Reflect on times when you've overcome difficult challenges. Savor these accomplishments and use them as inspiration to confront current and future obstacles.

4. REFRAME YOUR THOUGHTS

Use this cognitive technique to look at a situation differently by changing its meaning and viewing it from a different perspective. Identify and acknowledge what you're experiencing. Then restate it in a positive direction.

5. EXPRESS GRATITUDE

When we express gratitude and appreciation for the people, places, creatures, and things around us, our stress level decreases and helps us put life into perspective. Expressing gratitude is also a way to boost happiness levels.