



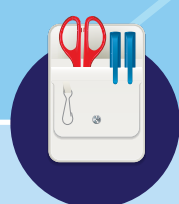
# Hacks for New Nurses



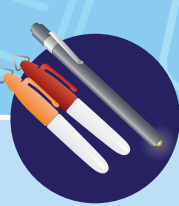
**1** *Comfortable Footwear*  
Invest in ergonomic shoes that are designed for people who have to stand for long hours. Find ones that are slip-resistant and easy to clean too.



**2** *Stay Alert*  
Coffee can be your best friend when you need that extra pick-me-up. If you don't like coffee, you could stash a few tea bags for days when you need an extra boost.



**3** *Pockets are Valuable Real Estate*  
You can purchase a pocket organizer to help keep everything neat, tidy, and easily accessible.



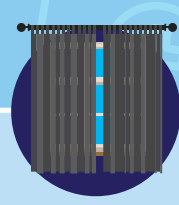
**4** *Mini Goodies*  
"Mini" versions of flashlights, sharpies, and calculators can save space and can be clipped directly to your badge.



**5** *Build Rapport with Colleagues*  
Communicating and helping each other out will make your day go smoother and improve care for your patients.



**6** *Customize Your Brain Sheet*  
These useful sheets are your tool to document your work-list, patient history, lab values, diagnosis and more.



**7** *Sleep Well*  
For night-shift nurses, it's important to get good sleep during the day. Purchasing blackout curtains can help you sleep better by blocking out light.



**8** *Snack and Hydrate*  
Keep a stash of healthy snacks and invest in a high-quality, insulated water bottle that you can quickly grab when you aren't able to take a break.



**9** *Minimize Unpleasant Odors*  
There are few common household items that double as odor repellents, like toothpaste. Put some in between two masks to block unpleasant smells.



**10** *Indulge in Massages*  
Nursing can be tough on your body and your mind. De-stress by indulging in the occasional massage. You deserve it!

We hope these hacks revealed a few tips that will make your daily nursing life a little bit easier. Being a nurse can be an exciting, dynamic, and rewarding career. Join our team at Eisenhower Health to jump-start your five star nursing career and lifestyle.

**Check out our open positions today at [careers.emc.org](https://careers.emc.org)**