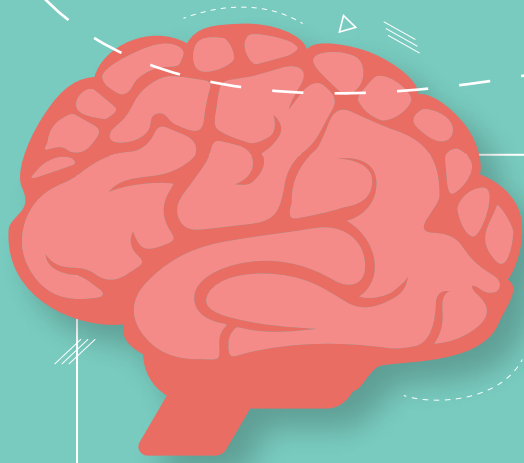


# SELF-CARE & STRESS RELIEF TACTICS FOR NURSES

As a nurse, you're almost programmed to put others' well-being before yourself. It may feel like you're going against your second nature but rest assured, a proper self-care and stress relief regime, will ultimately lead to better health for yourself and for your patients.

## 87%-92% OF NURSES EXPERIENCE STRESS



### LEARN TO COMPARTIMENTALIZE

Instead of being overwhelmed by the full picture, break it up into smaller pieces. To start, separate your work life from your home life. Write out all of the tasks you have for work and home on separate lists and prioritize them. Then, go through your list, one task at a time. When you've opened one "compartment", give it your full attention and focus and close ALL other compartments. The key to successful compartmentalization is being disciplined and maintaining a good routine.



### GET A FULL NIGHT'S SLEEP

You need to get your full 7-9 hours of sleep every night. If you aren't getting enough sleep, your cortisol levels will elevate further. It's a recipe for disaster. If you have trouble falling asleep, practice "winding down" each night by powering off devices or practicing meditation techniques.

### RESCUE A PET

Amid this pandemic, animal shelters across the country have seen an increase in pet adoptions, some of them placing all of their animals in new homes. With most of us spending more time at home, many have realized it's a great time to adopt a pet.

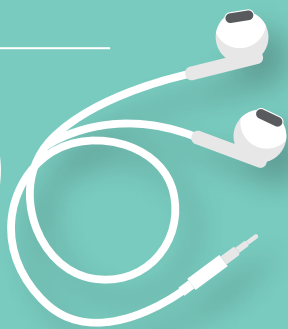
**74%** OF PET OWNERS REPORT **MENTAL HEALTH IMPROVEMENTS**

After you get that pet through your doors, you'll come to realize the positive impact a pet can have on your life. There are numerous studies showing the benefits of pets and stress reduction. One study found that petting a dog or cat for just 10 minutes can help reduce your stress. In addition to reducing stress, there are also many more benefits to owning a pet including, lowering blood pressure, strengthening your immune system, relieving depression, and more.

You save human lives and you can save a pet's life too! So check out some of the local animal shelters in your area and consider adoption.



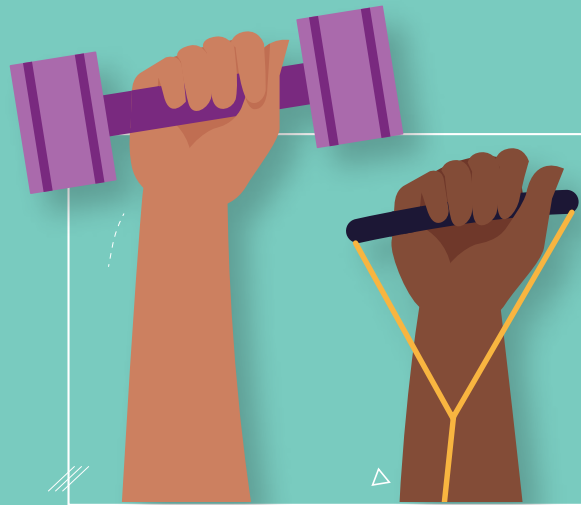
### LISTEN TO MUSIC



LISTENING TO MUSIC YOU ENJOY CAN **INCREASE DOPAMINE** BY **9%**

Listening to music can help reduce your stress-related cortisol levels. Listening to music you love, can make your brain release more of the neurotransmitter, dopamine. So explore music and the different moods they put you in to find what's right for you.

### EXERCISE REGULARLY



Not only does exercise come with a plethora of other health benefits, it reduces stress and there is physiological evidence that proves it truly works. Set goals for yourself each week. If you miss a day, don't be discouraged and don't have an "all-or-nothing" mentality. Just do your best to keep up your routine. Even if the gyms in your area are closed, there are plenty of physical activities you can do in and around your home - like walking around your neighborhood or doing yoga. Better yet, if you adopt a dog, you can both go for a walk.

We've all heard some form of the saying "to take care of others, start by taking care of yourself." The moral of the story is that **your health is a priority.**

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