



Ways For Nurses To Relax

Nurses need to find ways to relax and take care of themselves, organize, clean clutter, mild sleep, meditation time and effort.

What can nurses do to help themselves to be more present and happy in their career? One of the most important things we can do is to take care of ourselves. Nurses spend always their whole day taking care of patients, family and friend and whoever else calls upon them.

Things nurses can do to treat themselves to a little rest and relaxation:

1. **Nutrition:** Make sure to eat three meals a day with two snacks. Try to eat fruits and vegetables, sweets and caffeine. Drink at least 8 glasses of water a day. Do not deprive yourself of your favorite food. Remember "moderation" is the key.
2. **Exercise:** do some form of exercise, 30-60 counts a day. Do whatever you enjoy doing (walking, dancing, yoga). Do anything that you look forward to doing.
3. **Sleep:** try to get at least 8 hours of sleep at night.
4. **Relaxation:** there are many ways to relax. However, relaxation can be a personal preference. Some of the ways of relaxation are deep breathing, massage or even just a simple bubble bath.
5. **Clean out the clutter and get organized:** sometimes just hanging too much stuff can cause stress. Clean out the things that make it stressful for you in your daily life.

These are the few things that we can do on daily basis to help relax and decompress from the day or to get ready for the day. Try to start with one or two things and see if there is a difference in how the day goes and how you feel. It takes only one thing. It's worth the time and effort.

Quotation of the Day

Self-confidence: Life is not easy for any of us. But what of that, we must have perseverance and above all, confidence in ourselves, we must believe that we are gifted for something and that this they must be attained.

Reminders:

Is your file been updated? Always make sure to contact the Manager/ Staff at your local office to ensure that your file is up-to-date with copies of your latest medical and professional documentation.



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