

## PHYSICAL

Make a meal plan for the week.  
Prioritize healthy food choices.  
Take a nap  
Move, move, move.  
Schedule a massage

## EMOTIONAL

Be creative  
Speak affirming words to yourself  
Day Dream—plan the perfect vacation and put it on the calendar  
Be kind to everyone

## MENTAL

Start a journal  
Listen to audio books or podcasts  
Write a letter to a friend  
Get a mindfulness app for your smart watch or phone

## SOCIAL

Regularly spend time with people who love you and whom you love.  
Organize a bring your own lunch event at work.  
Plan a date night.

# Self-Care Tips

# For Nursing students and Practicing Nurses

## MEDICAL

Routine preventive health care.  
Quality sleep  
Manage stress  
Mental Health therapy

## PROFESSIONAL

Declutter your work bag.  
Clean your scrubs and iron them to feel professional.  
Create career goals.  
"leave work at work"

## PERSONAL

Participate in a new hobby: cooking, gardening.  
Purchase your favorite drink.  
Set up home wellness space.  
Keep home and work separate.

## SPIRITUAL

Keep a gratitude journal.  
Join a religious group  
Deep breathe and be present.  
Declutter your home  
Unplug from social media