




# Self Care Tips for School Nurses

## Ideas You Can Hang Your Cap On!

 Routinely share with someone the "funniest" thing a student said to you.

Email corny kid jokes to a family member.

 Give a hug!  
Get a hug!



Find Your Person!  
Talk to a trusted and supportive nurse/coworker/friend.



Listen to music, audio books or a podcast.

Take a walk!!  
Get outside in nature.  
Journey around the school building.

  
  
PODCAST



 Meditate!  
Mindful breathing!  
Reflect!

 Create a calm work space  
Play music in the office.

 Work out! Exercise! Zumba!

Rely on support of fellow staff members and administrators!

 ASK FOR HELP  
Don't be afraid to ask!



 Journal your thoughts.

 Pet your pets  
(and they'll listen if you tell them about your day)

Take time to be thankful.

 Email encouragement to a fellow nurse.



 Chocolate!  
A good stress reliever!

Walk to the water fill station each hour.  
Hydrate! Hydrate!



 Relax/unwind with a cup of joe!  
With friends is even better!

Indulge In Alone Time

 Sew something!

 Read something!

 Color something!



Go Camping  
(or Glamping)



A cup of tea + a warm fire =  
Renewal!



TV and Chill!



Rub-A-Dub-Dub!  
Relax in the Tub!



Massage Therapy



**Brain-Calming Apps:**

- Clementine
- MyLife
- Headspace



**Inspirational  
Speakers**



**Headspace:** Free to those who register for *Healthy Nurse/Healthy Nation* here:  
<https://www.healthynursehealthynation.org/>

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