

The basics of **self-care**



Eat well

A well-balanced diet provides the fuel your body needs to operate at its most effective.



Get healthy sleep

Give yourself energy for the day – not too little and not too much, generally 7-9 hours.



Reach out

Reach out to friends and family regularly and find ways to be together safely.



Be active

Keep a healthy routine, get exercise and walk outside – nature is good for the soul.



Reduce your stress

Make time to do things that bring you joy.

Self-care requires paying attention to your emotional and physical needs.

And if you find you're not being successful overcoming your obstacles to mental health, it's time to reach out to a counselor or your primary care provider to begin a conversation and make a plan.



OSF HEALTHCARE

Healing Yourself A Nurses Guide To Self Care And Renewal

RM Cervero



Healing Yourself A Nurses Guide To Self Care And Renewal:

Reviewing **Healing Yourself A Nurses Guide To Self Care And Renewal**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**Healing Yourself A Nurses Guide To Self Care And Renewal**," an enthralling opus penned by a highly acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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