



THE 5 HEALTHY HABITS FOR NURSE/LIFE BALANCE



Table of Contents

- i. DEFINE
- ii. 5 HEALTHY HABITS
- iii. PRIORITIZE
- iv. Resources

DEFINE

What is nurse/life balance? It can mean many things to many different nurses. But ultimately, it's about finding balance and harmony with work life and home life. It's about being able to work those 3 (or more) 12hour shifts in a row, and still prioritize your self-care. It's about going to work happy, healthy, and confident. It's about enjoying days off and time with family and friends without feeling exhausted.

Here are a few characteristics of an unbalanced nurse life:

- No "me" time
- Feeling out of control
- Prioritizes others before self
- Always playing 'catch-up'
- Tired and exhausted
- "Can't find time"
- Frustrated
- Unmotivated

What does nurse/life balance mean to you? Which of the above characteristics do you relate with right now?

The 5 Healthy Habits for Nurse/Life Balance

- 1 Eat well:** nutrient-dense foods are key. And I get it, as nurses, especially during night shift, it can be difficult to eat real, good food. But it's possible and it's important! You don't need to avoid every donut in the break room - but you can find a balance. Begin with one meal at a time that's nutrient dense - give yourself the energy you need to get through your day or night.
- 2 Move well:** movement doesn't always have to mean 'working out', it's really about staying active and not stagnant. Whether it's a walk after dinner or some yoga as you start your day. Do something to move your body, stretch and build muscle. This will release endorphins - those happy chemicals - a perfect way to help minimize burnout.
- 3 Sleep well:** we've all experienced how good sleep makes us feel versus how poor sleep makes us feel. Sleep regulates so many of our functions - hormones, metabolism, emotions... Prioritize AT LEAST 7 uninterrupted hours of sleep per night or day! If you work night shift, do everything possible to avoid having to do anything that will get in the way of you being able to prioritize sleep. A white noise machine and black-out curtains are must-haves for night shifters!
- 4 Connect with Others:** this could be relationships with a partner, boyfriend, girlfriend, sibling, friend, coworker, family-member... whoever it is, engage with them, laugh with them, socialize, tell them you love them, and accept their love back. A healthy home life, will help create a happy and healthy work life. This is true nurse/life balance.
- 5 Connect with Self:** this may be the most important of them all. Take time, everyday, for yourself. Do something that will slow you down and help you connect to your higher-self. This can be in the form of meditation, journaling, reading, reflection, whatever helps you build the best relationship with yourself.



PRIORITIZE

Now that you know the 5 Healthy Habits to achieve nurse/life balance, think about how you can PRIORITIZE them into your own life.

5 Healthy Habits

- Eat Well
- Move Well
- Sleep Well
- Connect with Others
- Connect with Self



Reflect on your writing from above. Will prioritizing the 5 Healthy Habits create a more balanced nurse life for you? How can you incorporate and prioritize the 5 Healthy Habits into your daily routine? Keep it simple...

I can eat well by...

I can eat move well by...

I can sleep well by...

I can connect with others by...

I can connect with myself by...

The 5 Healthy Habits for Nurse/Life Balance

Resources

When it comes to establishing nurse/life balance, the 5 Healthy Habits are a great starting point.

Studies show that prioritizing self-care and maintaining a healthy work and home life is one of the most effective ways to avoid and diminish burnout.

Whether you're a new grad, or experienced nurse, finding the perfect balance can be a struggle. And this is where seeking some guidance may be helpful.

Nurse Coaches are specially trained Registered Nurses, who often have experienced many of the same or similar situations that you're going through - difficulties with eating and moving well while working long shifts, struggling to get quality sleep, and most importantly, finding quality time for yourself and others.

We often-times think we can go at this alone. However, know that there are people out there, ready to support you and ready to help you find what you're looking for.

As a Board-Certified Nurse Coach, I am here for you. I'm here to help you conquer nurse/life balance and help you thrive, at home and at work.

With love,

Alexcie, RN, BSN, CEN, NC-BC

 www.alexcie.coach

 [@alexcie.nurse.coach](https://www.instagram.com/alexcie.nurse.coach)

 alexcie@coachalexcie.com

