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Tips for Generating Health, Resilience and Well-Being

1. We Can Learn to Calm Our Nervous Systems:

By some estimates, 70-80% of healthcare professionals are overstressed. To protect ourselves from chronic stress, burnout and disease, let's pause to practice slow, deep breathing on a daily basis.

2. We Can Change Our Minds About Self-Care:

Self-Care is not selfish. In fact, it's the gateway to health and healing. Metaphorically, think about the heart pumping blood to itself first. Having a regard for our own needs and wellbeing is sustainable. It gives us the energy to live fully and serve others.

3. We Can Choose to be Good to Ourselves:

Kristin Neff, the self-compassion researcher, advises us to befriend ourselves. Can we be as good to ourselves as we are to our friends, loved ones and patients?

4. We Can Experience Joy:

We need to cultivate joy and pleasure in our lives. "Don't ask yourself what the world needs. Ask yourself what makes you come alive and then go and do that. Because what the world needs is people who have come alive." Howard Thurman

5. We Can Give Ourselves Permission to Rest:

We're not machines. Humans weren't designed to be constantly doing and producing. Consider taking time every day to rest, sleep, renew and rejuvenate. We're human beings, not human doings.

6. We Can Learn to Set Boundaries:

Learning to honor and balance our lives with limits is not something that many of us, particularly women, were taught. We can change this by learning to say no to what no longer serves us.

7. We Are the Ones We've Been Waiting For:

No matter what we've experienced or what obstacles exist, we are strong and capable of transcending our struggles. We have the power to be the authors of our own lives. The possibilities are limitless.

8. We Can Choose to Give and Receive:

Most of us are natural givers. A balanced way of being is to give AND receive and be in the flow of that. This might mean accepting compliments and/or help from a fellow clinician when needed.

9. We Can Make Healthy Choices:

Every choice matters. Let's continue to take in what's nourishing, including healthy food, positive thoughts and healthy relationships, and leave behind what's not.

10. We Can Take a Positive Stand:

The best way to counteract a toxic culture is to be the change we want to see. Blaming, negativity, being a victim and constantly complaining about the system doesn't change it. Being the healthy change and using our positive power and influence to act for the common good often does.

Be well!