

CURE BURNOUT

THE NURSES ACTION GUIDE TO MOVING
FROM OVERWHELM TO ENERGIZED



MELISSA L. AUCLAIR, RN

Cure Burnout The Nurses Action Guide To Moving From Overwhelm To Energized

Beth Cavanaugh



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Cure Burnout Melissa L. Au Clair, Rn, 2014-08-07 You re a nurse You believe in what you do You know your work makes a difference At least you thought it did Now you re not sure The exhaustion is constant and the work is overwhelming The sense of fulfillment is gone Nothing you do seems to be enough You leave the workplace feeling discouraged and exhausted You wonder how long you can keep working in these conditions This is burnout emotional exhaustion and fatigue that interferes with the healthcare worker s ability to work and live well purposefully and with the confidence their work is important Burnout is happening to nurses in every clinic hospital city state and country It s a quiet epidemic Nurses don t know what to do or how to handle it Some nurses leave the field never to return This is the the problem There IS a solution Reclaiming your right to healthy living and working means declaring war on burnout and the cause behind it In *Cure Burnout* you ll discover what causes burnout and how to stop it why people experience burnout differently the different ways burnout manifests itself how to develop a plan of care for yourself and your colleagues easy solutions and ideas to take care of your body anyone can implement these decisions why burnout can be lethal how relaxation practices and hobbies can help you cure burnout and many other practical ideas and guidelines to help you cure burnout and infuse your work and life with more energy

Rx for RNs Terry Maluk, 2018-11-27 A step by step guide to reduce stress overwhelm and burnout You ll learn The 1 way to find calm when you need it so you respond with clarity and confidence in any situation How to set healthy boundaries so you can take your life back How to give yourself the gift of guilt free me time so you can be your best self each day

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