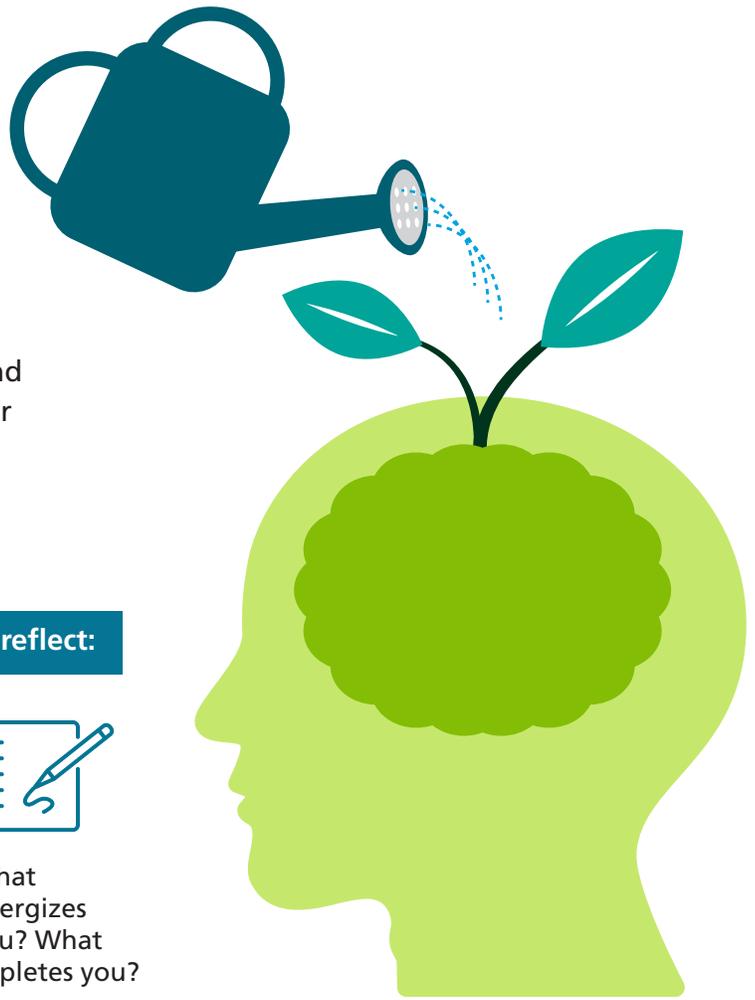


# Your health can affect the care you provide to your patients.

Research shows that physical and emotional fatigue can reduce brain function and affect decision-making, memory and attention. Our personal and professional lives will have ups and downs. Take a step back and reflect on whether you feel your physical or mental health is impacting the care you are providing. If it is, it might be time to self-care or to seek help.



## Here are some **guiding questions** to help you reflect:



What are the current stressors in my life?



What strategies can I implement to help cope with these stressors?



Am I taking care of myself physically, mentally, and emotionally?



What energizes you? What depletes you?

Dec 2019 | 2019-131

## Strategies to manage stress:



Practicing mindfulness. You can access a variety of information, including free online apps to guide mindfulness, breathing exercises and meditation.



Building stronger links with your colleagues so you can better support and rely on one another.



Building your social supports.



Signing up for workshops such as a stress management workshop.



Making changes to improve work/life balance.



Making changes to your diet and physical activity to help cope with stress.



Self-care benefits nurses with increased job and life satisfaction, relaxation and better physical health. Visit [www.cno.org](http://www.cno.org) for more information.



COLLEGE OF NURSES OF ONTARIO  
ORDRE DES INFIRMIÈRES ET INFIRMIERS DE L'ONTARIO

THE STANDARD OF CARE.