

N.U.R.S.E. Self Care Program

Name: _____ Date: ___/___/___

Directions: Write down one to three realistic goals in each category that you want to focus on in the coming week(s) to help improve your physical and mental well being and health

N

Nourishment

- 1.
- 2.
- 3.

U

Understanding

- 1.
- 2.
- 3.

R

Rest/Relaxation

- 1.
- 2.
- 3.

S

Spirituality

- 1.
- 2.
- 3.

E

Exercise

- 1.
- 2.
- 3.



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N

Nourishment

Getting proper nutrition is very important to help keep your body healthy. Be sure to eat at least three balanced meals each day, drink at least 8 ounces of water, take vitamins and medicine as directed by your doctor, avoid drugs and alcohol, avoid excessive caffeine and find help with needs you may have (including with cleaning, cooking, childcare, etc.)

U

Understanding

Having the information and education you need to understand your child's and your own health and well being is very important. Find a safe, accepting and trusting place to ask questions, find books or other literature on specific topics and journal your feelings.

R

Rest/Relaxation

Your body needs rest and relaxation to heal, grow and be healthy. Try to get at least 5 hours of uninterrupted sleep each day, customized to meeting the feeding care plan/needs of your child, practice healthy sleep hygiene practices, practice meditation and mindfulness, and find ways every day to do something that you find relaxing.

S

Spirituality

This is not necessarily limited to organized religion needs, but is a priority for you to find things that make you feel uplifted and joyful. This can be through connected relationships, solitude, appreciation of nature, participating in creative projects, or journaling.

E

Exercise

Endorphins that are released with exercise are mood enhancers. You should try to get 20 minutes to 1 hour of physical activity per day, with the intensity based on your ability and doctors' recommendations. Try walking, jogging, yoga, water aerobics or any other exercise routine that you enjoy doing most.

