


Example of posters student submitted in N424


poster" to the nurses on your unit..

SLEEP HYGIENE


Stay clear of stimulants late in the day.
avoid beverages and foods that contain caffeine




Engage in regular exercise.
regular exercise routine can help contribute to improved sleep.




Stick to a consistent sleep schedule.
going to bed and waking up at the same time every day. Set bedtime that is early enough to get 7-8 hours of sleep




Avoid bright light an hour before bed.
Keep screen use to a minimum, at least an hour before bed. Avoid TV, computer, and smart phone use close to bedtime




Make sure your bedroom is quiet, dark, and relaxing.
Engage in relaxing activity about an hour before bed helps create a smoother transition.




Avoid large meals close to bedtime
when you eat a large meal close to bedtime your digestive system is still working and you go against your bodies circadian rhythm



Create a relaxing bedtime routine.
Engage in relaxing activity about an hour before bed helps create a smoother transition.



Make sure your bedroom is quiet, dark, and relaxing.
ideal room for sleeping is cool, quiet, and dark. Dimmer lights trigger your body to produce melatonin.



SELF-CARE TIPS FOR YOUR SHIFT

TREAT YOUR BODY WELL
Nurses have a hard job, remember that you need to take care of your body first in order to help others

GET ENOUGH SLEEP & REST
in between your shifts make sure that you're getting adequate sleep. Take your breaks during shifts as time for yourself!

EAT WELL & STAY HYDRATED
Getting nutrients and hydrating your body helps prepare you for your long shift. Be sure to keep yourself fueled to help prevent brain fog.

SELF TALK & SELF COMPASSION
Be kind to yourself. Negative self-talk will only make things worse. Think of 3 things you appreciate about yourself!

BOX BREATHING
Inhale for 4 secs, hold for 4 secs, and exhale for 4 secs. This helps calm the mind and allows you to make your next move with clarity

PRACTICE MINDFULNESS
PAUSE AT THE PUMP
Take time to think about what you are doing and slow down while you complete the task. Other great places for mindfulness are during meal breaks and while taking vitals!

EXPRESS GRATITUDE
3 E's
Emotion, Extend, Exercise
Feel the emotion, extend the feeling to others, exercise daily gratitude practices


Mindfulness works to relieve stress, improve self-control, and promote mental clarity. It helps you treat yourself and others with kindness, acceptance, and compassion

Feeling STRESSED? Breathe.

4-7-8 Method

1. Breathe in quietly through the nose for 4 seconds
2. Hold the breath for a count of 7 seconds
3. Exhale through the mouth for 8 seconds
4. Repeat the cycle up to 4 times

YOU GOT THIS.



DAILY CHECK-IN

YOUR MENTAL HEALTH MATTERS

How are your stress levels?

Not Good Meh O.K Good Amazing!

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