

SELF-CARE

Pearls

- Do not believe the pedestal you were placed upon.
- A power greater than you will decide your patient's fate.
- DO NOT EQUATE DEATH WITH FAILURE.
- Take comfort in knowing you did your very best.
- Learn to celebrate the journey.
- Review your day and give yourself quiet time.
 - *Recognize parallels that lead to over-identification.*
 - *Identify unresolved grief.*
 - *Challenge yourself to understand why the event/situation was so upsetting.*
- Stay in the present.
- Eat healthy, get your rest and try to exercise.
- Make laughter and joy daily parts of your life.
- Identify some meaning or growth from the experience.
- Do not fear professional grieving, for it is when the heart is most broken that we are the most open to change and personal growth.

B. Freeman (2015). *Compassionate Person Centered Care of the Dying: An Evidence Based Palliative Care Guide for Nurses*. New York: Springer Publishing.

R. Wicks (2006). *Overcoming Secondary Stress in Medical and Nursing Practice: A Guide to Professional Resilience and Personal Well-Being*. New York: Oxford University Press.

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