

an innovative nurse retention program

promoting physical & mental well-being



The 8 Laws Governing Healthy Caregiving

#1 Sustain Your Compassion



What daily practices can you incorporate into your work day from the yoga classes or coaching workshops?

#2 Retain Healthy Skepticism

#3 Learn to Let Go



One self-sabotaging belief to “let go of” is that self-care is self-ish. Once you let this go, you can schedule self-care activities into your daily life.

#4 Remain Optimistic



Participation in the NurseFit coaching workshops helps to release the triggers to negative thinking and self-talk.

#5 Be the Solution



Part of the solution is to ensure you are a priority in your own life.

#6 Embrace Discernment

#7 Practice Sustainable Self-Care



Are you attending the NurseFit yoga classes regularly?

#8 Acknowledge Your Successes

Kim Richards, RN | 303.904.9803 | www.nursefit.com

Used with permission from Patricia Smith of www.CompassionFatigue.org.