

an innovative nurse retention program

promoting physical & mental well-being



## The 8 Laws Governing Healthy Change

**#1** Take frequent breaks from what you are doing.



Use the reminder cards from the NurseFit yoga classes to do stretching exercises and breathing exercises each hour.

**#2** Learn the word “no.” Use it whenever necessary.

**#3** Share the load with others.

**#4** There is humor in every situation. Find it and laugh.

**#5** Recognize when you need help. Ask for it.



Practice the self-coaching exercises from the NurseFit coaching workshops so you are not the Lone Ranger!

**#6** Give yourself credit when credit is due.

**#7** Give others credit when credit is due.

**#8** Breathe deeply as often as possible.



Use the techniques you learn in the NurseFit yoga classes.

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