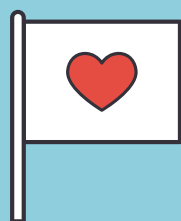


5 IMPACTFUL TIPS TO OVERCOME DOUBT DURING THE PANDEMIC



TRUST YOUR TRAINING

During these difficult times, it's easy to listen to doubts in your mind & forget all you've learned & are capable of handling. Lean in to your knowledge, experience, & abilities. They will serve you well — not only now but throughout your career.



YOU ARE NEVER ALONE

Healthcare is a team sport, & collaboration is key to achieving positive patient outcomes. Teamwork is built on effective communication, mutual respect, & trust. We grow & accomplish incredible things in a culture of camaraderie. You are an integral component of something much bigger.



FEAR IS JUST A 4-LETTER WORD

Respect it, but don't let it cripple you. Talk to colleagues about your concerns & look for ways to deal with the emotions you may be experiencing. Find ways to foster resilience & recognize when you need a break. Then take that break & help someone else do the same.



KNOWLEDGE IS POWER. TIME TO LEVEL UP!

Don't rely on others to keep you informed. You are a lifelong learner! Dig into resources & podcasts, blogs, articles, & webinars to help keep you informed of the latest practices. Remember: No one else can be responsible for your practice except for you.



WHEN IN DOUBT, SPEND TIME WITH CLIENTS

This advice may seem obvious, but sometimes we get caught up in the act of teaching or practicing nursing & forget who is at the center of care: the client. Especially during this time when visitors are limited, clients rely on nurses to provide the comfort they need. As a nurse and educator with so many tasks and demands pulling us in a thousand directions, it sometimes helps to focus on 1 person or task at a time.