



How to Live a Healthy Lifestyle as a Busy Nurse

How to Eat Healthy as a Nurse

Consume foods that decrease effects of stress on the body such as, antioxidants (fruits, vegetables, some nuts and oils), fatty acids (tuna, salmon), and limit unhealthy fats and sugars (red meat).

Exercise to improve sleep quality and prevent deprivation.

Set routine meal patterns and consume balanced meals.

Avoid temptation by planning and packing meals in advance, drinking plenty of water, and enjoying one treat (Reed, 2014).

Foods that Relieve Stress

Green leafy vegetables, turkey, salmon, oysters, eggs, oatmeal, yogurt, milk, oranges, blueberries, avocado, beans, pistachios, seeds, cashews, dark chocolate, seaweed, green tea, chamomile tea, turmeric (Oehler & Funston, 2020)

Traveling and Staying Healthy

Bring non-perishable healthy snacks, make a daily healthy commitment towards exercise and healthy eating goals, and use health applications on your phone as a guide (McCullum, 2020).

How to Practice Self-Care

Begin a self-care practice activity that you find to be enjoyable and can be incorporated into your lifestyle to decrease stressors, promote health, and reduce burnout symptoms (Blum, 2014).

Temptations and Eating Healthy

Eat a variety of colorful food, portion control, eat consistently, plan and pack food in advance, hydrate, and eat one treat instead of multiple (Kelbach, 2020).

Create a Wellness Routine

Wellness routine: Breathing exercises, personal mantra, lavender essential oil, Epsom salt foot soaks, elevate legs, stretch, make nutrition a priority, maintain mental and emotional health, continue to learn and grow professionally (Lori, 2018)

Health and Diet Factors

To achieve and maintain a healthy lifestyle one must have a positive attitude, commitment, self-efficacy, motivation, few barriers, and perceived benefits towards their overall health (Albert & Sorrel, 2014).

Nursing and Social Media

Social media provides access to health information, health applications, peer support, and networking for professional development. It can also lead to incorrect information, social stigma, cyberbullying, and violation of privacy, so be attentive (Jackson, Fraser & Ash, 2014).

Theories of Change

Change theories and models can be used to guide change behavior depending on which process best fits the individual's lifestyle and needs.

Resistance to change can be counteracted by support, benefits to be gained, understanding resistance, incorporating some familiarity in new changes, and collaborate with someone with similar goals (Udod & Wagner, 2018).

Interested in learning more? Read the full articles! See next page for reference list.



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