



Preventing Nurse Practitioner Burnout: Some Self-Care Tips

The health of frontline healthcare workers is of utmost importance for healthy communities. So, among the many contributions our doctors, nurses, and other healthcare workers make toward public health, investing in their wellness is surely one of the greatest.

Even prior to the outbreak to COVID-19 the Nurse Practitioner faced a busy schedule that was at times overwhelming. However, since the outbreak of COVID-19 the NP have been serving as frontline workers in the fight against this strain of the Coronavirus. This means they have been working for long hours under stressful conditions. Many are on the edge of burnout.

Why does Self-Care Matter?

When it comes to the healthcare profession, *self-care* is a great way to keep burnout at bay, but often healthcare professionals have such tight schedules that they barely have time to do anything else.

For the emotional resilience and mental and physical well being of healthcare workers, investing some time in self-care is crucial. For those that work as in Advanced Practitioner and Nurse Practitioner jobs, it is really important that the depression, anxiety, confusion, panic, and anger experienced due to situations brought about by the Coronavirus pandemic are addressed in a healthy manner and self-care strategies are put in place.

Tips for Practicing Self-Care

[Ashley Zultanky, PsyD and Michael Selbst, PhD, BCBA-D](#) of Behavior Therapy Associates refer to burnout as “A special type of stress that caregivers and professionals may experience, including a sense of reduced accomplishment and physical and/or emotional exhaustion.”

Awareness is a must for healthcare professionals before they begin to invest in self-care. It starts by acknowledging how you are feeling at the moment and how you want to feel. You must be honest when assessing your physical health and stress and fatigue levels.

Here are some tips that will allow you to prevent burnout by prioritizing self-care:

1. A consistent sleep routine

When you train your body to go to bed at a particular time daily, a healthy sleep rhythm follows, and your stress levels reduce significantly. This is because your body knows that you

will be getting a good night's sleep.

2. A nutritional diet

The healthcare profession keeps you busy, and sometimes you may skip meals. But don't. Be intentional to consume a balanced, nutrient-rich diet every day. Healthy food works wonders for your overall wellness. It will neither spike the level of your blood sugar nor will you be working on an empty stomach.

3. A workout plan

You are in healthcare; you already know the importance of getting some exercise regularly. When you work out, the endorphins released by your body reduce stress. So, take time out and go out for a run or some cardio.

4. A meaningful conversation

Stay connected with your near and dear ones; you need their love and support. Spend time with those who make you feel calm and have meaningful conversations with the people you trust.

Vaccine rollout means relief for our frontline workers, including healthcare professionals, but to prevent burnout, self-care remains a necessary tool. It ensures the emotional, mental, and physical well-being of the healthcare workers.

Are you an advanced practitioner looking for a new job? National Coalition of Healthcare Recruiters (NCHCR) is a useful platform. You can conduct an anonymous, confidential search to find openings for [advanced practitioners with recruiter agencies](#).

Author's Bio: The author works in the healthcare industry and is an avid reader. The article is about Nurse practitioner jobs and Advanced practitioner recruiter agencies.

Edited by: Jim Wilhite Co/Found of the National Coalition of Healthcare Recruiters – www.nchcr.com