

Contents

The HealThy Nurse Transformation System™

- *Escape Burnout*
- *Discover the Ultimate Life / Work Balance*

Component I. The Nurse Burnout Awareness Guide™

1. A Day in the Life
2. The Hard Facts
3. Always on Call
4. My Story
5. The Nurse's Dilemma
6. Ineffective Coping
7. What I Learned – and How it can Change *Your* Life

Component II. The *HealThy Nurse* Transformation Process™

The Core Concepts

1. Answer Your Own Call Light First
2. The Boomerang Principle
3. Expand Your Awareness (Optimal Awareness)

- 4. The Power of Choice**
- 5. You Can't Change Others**
- 6. The Law of Replacement**
- 7. It Takes Courage to Live With Your Whole Soul**

The Core strategies

- 1. Physualize (Beyond Visualization)**
- 2. Take Time Out**
- 3. Breathe**
- 4. Walk**
- 5. Let It Go**
- 6. Activate**
- 7. Meditate**

Hope for the Future