

## NPs: Get FIRED UP!

By Carol Grace Anderson, M.A.

With all the challenges and changes we face, are you ready for some good news? And who isn't? Here it is. You really can get fired up without burning out. Sound unrealistic? Let's break it down. It's simple...and easier than you think. Small steps taken every day bring huge results. It's like climbing any mountain—it takes just one step at a time no matter how high the mountain is. Are you feeling a spark already?

Today is the perfect time to get started. Here's the first step:

### 1. REACH into new ways of thinking!

Everything begins with a thought. Our thoughts propel our actions.

First we have to understand that what we think about is a choice. We can't always choose our circumstances and challenges, but we always choose our response. What we think about...flourishes. Did you ever notice how a negative person can brighten up a whole room just by walking out of it? You get the picture. When we're encouraging, hopeful, and positive—we're easier to work with, more energized, and our personal lives go smoother. Everybody wins!

We can reach into new ways of thinking by choosing to fire-up our attitude. Every day, we can take small steps to make it happen until it becomes a habit. Here are a few valuable tips to get there:

- \* Spend more time with supportive, encouraging people.
- \* Read books and articles (like this one) that can inspire you.
- \* Listen to upbeat music with great lyrics. It feels good.
- \* Offer to help a colleague who's more stressed out than you.
- \* Make a gratitude list of everything going right in your life.
- \* Do things that make you laugh. C'mon, lighten up!

### 2. RISK new actions.

When we have our thinking lined up, we can take the next important step. In order to get different results, we have to do something different. There's just no way around it. Action makes it happen.

Fear is the culprit that often holds us back from doing things differently. Action is the most successful way to overpower our fear and do it anyway. My Grandma always said, "Once begun is half done!"

### 3. REFUEL. You can't run on empty!

As a nurse practitioner, you can easily get worn out and depleted. Our cars have a lot of sense when it comes to fuel. When they run out...they stop. When we try to run on empty, we not only lose our fire, we get burned out! That's when we might get sick, fatigued, depressed, and stressed to the max. You see it in your patients.

We need to get back in balance, and that's an ongoing process. Just as one workout won't make us fit, we need to take steps every day to keep our tank full...clicking on all cylinders.

If we don't take time for ourselves, everything else will suffer. It's often difficult for caregivers to give self-care. Isn't this selfish you might ask? No! Self-care is vital for our health, happiness, and productivity. When we have balance in our life, we're on top of our game and can give our best... to ourselves and everyone else.

What can we do to keep fired up and balanced? Here are some reminders:

- \* Take timeouts throughout the day to breathe deeply and slowly.
- \* Go for a ten-minute walk (or longer) at lunchtime.
- \* Drink lots of water.
- \* Get more rest. It's easy to say, but we really need it.
- \* Learn to say "no" to things you don't need to do.
- \* Spend more time with your family and friends. Have fun!

You can start today to REACH, RISK, and REFUEL. If you follow these three simple steps consistently, you **will** see results. You're worth it. We need you! The present moment is really all the time we can be sure of. Make the most of your moments. This could be the very best time of your life...you hold the key. You are the C.E.O. of YOU. Choose to keep fired up!



**What you think  
about...you bring  
about!**

*"If we don't take time for  
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will suffer."*

*- Carol Grace Anderson*

**You must give TO  
yourself...  
in order to give OF  
yourself!**

Carol Grace Anderson, M.A., is a motivational expert, best-selling author and a popular keynote speaker. Healthcare Associations and facilities benefit from her powerful programs with practical solutions that work. Call toll-free: 800-758-2964 or visit her website: [www.GetFiredUp.com](http://www.GetFiredUp.com)

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