



From
Exhausted to
Extraordinary

Strategies to Reverse Nurse Fatigue.

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**FREE
CHAPTER!**

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Move Away from Negative Energy

We are the average of the five people we spend the most time with; average type of house; average income; and average waistline. It's because of something in our brains called mirror neurons that mimic what they see. If I started yawning right now, everybody in the room with me would start yawning at some point, right? People from the North who move to the South experience an interesting change. Over time, they start to speak with a southern accent. It's because of mirror neurons. This is actually a survival strategy that we've adapted over time to enable us to create friendly connections with other humans.

We are born as individuals but we survive and thrive in groups. Mirror neurons are designed to connect us to each other.

Mirror neurons can work against us too. When you surround yourself with negative people and negative information, what happens to you? You become more negative.

Do you work with any energy vampires? You know, the ones who suck the life right out of you. Although we

can't totally avoid negative people at work or even at home (we all have certain family members who we dread talking to!!), you can certainly set boundaries with them. Limit your time with them. If you're in the break room and they enter spewing their venom about how "horrible this place is...." leave the room. Find somewhere else to take a break or eat. The problem is, if you sit there and listen to them, you're teaching them how to treat you. That no matter what, you will listen to them rant and rave. They feel better while you feel like someone sucked the life out of you. Just say no!

Do you wake up first thing in the morning and turn on the radio or turn on the TV and listen to the murders, rapes, stabbings, and tanked economy? If so, you are polluting your brain with negativity. Remember those mirror neurons? You have to stay on guard of the doorway of your mind, and you have to surround yourself with positive people and positive things.

"You can't scratch with the turkeys if you want to fly with the eagles."

- Zig Ziglar

ACTION

1. Reduce the amount of time you spend listening to negative news and watching violent television shows – beware that the media LOVES to shock the public but you've got to be smarter than the average bear.
2. Take the vampire test. After you've interacted with someone, do you feel better about yourself or worse? If you feel worse, stay away!
3. Stay out of the "Aw. Ain't it awful club" – these are the people you work with who constantly complain about everything. Don't join in!