**Seven Habits of Highly Resilient Nurses**

Prepared by: [Ala S. Alyamani](https://www.facebook.com/profile.php?id=100011038176749) 4th Year Nursing Students

Shorooq G. Qadous RN, MCH

Pediatric Nursing, Maternity & Midwifery Division

Department of Nursing and Midwifery

More than [40 percent of hospital nurses](http://www.netce.com/coursecontent.php?courseid=827) today suffer from the physical, emotional, or mental exhaustion characteristic of burnout. The result of unmanaged stress, burnout accounts for what is often a negative perception among nurses of their work and workplaces. If we as nurses can change our perceptions of our work and work environments, we can change our experiences. Resilience is the capacity to accurately perceive and respond well to stressful situations. It is demonstrated not only in times of crisis, but every day by showing up and doing our jobs. With the uncertainty, transition, and reorganization associated with health care, resilience is more important than ever if today’s nurse is going to thrive.

 The [American Psychological Association](http://en.wikipedia.org/wiki/American_Psychological_Association) suggests that several factors help us [develop and sustain resilience](http://www.apa.org/helpcenter/road-resilience.aspx). They include maintaining good relationships, accepting circumstances that cannot be changed, keeping a long-term perspective, sustaining a hopeful outlook, and visualizing one’s wishes.

These factors can be developed and sustained with one critical skill—mindfulness.

**Beginner’s mind** is approaching familiar and unfamiliar things in life with a sense of curiosity and the wonder of a child, instead of from the perspective of an adult who, based on expertise and judgment, makes certain assumptions.

**Letting go** is not giving in or giving up, but releasing the need to control the outcome of a situation. The essence of mindfulness is becoming aware of the thoughts, feelings, and sensations and then letting them go—again and again and again.

 **Compassion** is the desire to alleviate suffering by expressing a fundamental loving kindness. More simply, it means to be kind.

 **Gratitude** is seeing and appreciating the blessings of life that surround us all the time. Practicing gratitude is active and starts with the simple decision of choosing what to focus on. When we choose gratitude, we focus on abundance and opportunities, and we attract more of those assets.

**Authenticity** is being true to one's personality, spirit, or character, despite external pressures. It is honoring yourself by standing in the truth of who you are, even if others have different expectations and desires for you.

 **Commitment** is being dedicated to do things—persistently, patiently, and maybe playfully—even when you don’t want to. Being committed to something doesn’t have to be hard. In fact, it can actually be pleasant, because you are doing what you really believe in.

 **Trust** means embracing faith over fear—not the kind of blind faith where you believe everything you hear and live in denial, but an overall confidence that you ultimately are resilient, resourceful, and totally capable of getting to the other side of the situation.

*Resilience in nursing is not an option. We have to stay confident and strong in body, mind, and spirit, and this requires us to practice mindfulness.*