



Nurses Keeping On

Keeping on in these difficult times can be exhausting, overwhelming, sometimes defeating. Keeping up commitment and spirit is important. Nurses Keeping On is one small opportunity to do this.

Nurses Keeping On is a monthly community of support and resilience for hospital and public health nurses in the community (charge nurse and up). It provides the opportunity for nursing professionals, to connect with other nurses outside of their workplace and to reflect, refuel and renew. Think of it as a type of spiritual/attitudinal “spa”!

Here are the details:

- One hour every 1st Thursday of the month, beginning on January 6 at 4:00 in the afternoon, CST. Time-limited to 6 sessions (with the option to extend if desired)
- The group will be small (maximum 20)* and informal to facilitate comfort and conversation. Registration is required by emailing info@cistressconsultants.com with name, email address, position and hospital. A Zoom link will be sent to you once you have registered.
- There is no cost. This is a community service offered by Critical Incident Stress Consultants. For more about us, go to <https://cistressconsultants.com/about-us/>
- This will be virtual, so there is no commuting! For those who feel reluctant to join online, please know that these conversations are confidential, and those of us leading the discussion are skilled in making online meetings friendly and intimate. If you need tech assistance, you can reach out to us ahead of time (see the email address below).

Some topics and strategies to discuss:

- What keeps us going?
- How do other nurses deal with the difficult emotional challenges in these current times?
- How do I know if I am burning out, burning up or just bumming out and what do I do?
- What are some of the joys and glimmers encountered in the work?
- How am I feeling about myself as a nurse and my profession?



*Minimum of 8

For more support: Contact the Stress
and Resilience Line: 612-293-9448

Critical Incident
Stress Consultants

or email for an appointment to
info@cistressconsultants.com