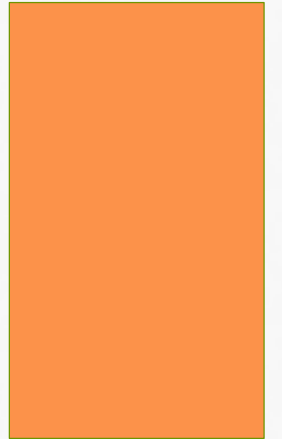


RECEIVING

JUDY ULIBARRI RN, BSN, HWNC-BC





Nursing:

The toughest
job you'll ever
love.

- *Sheila Graham*

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Our intention to provide quality care for our patients.





Ever have a day that feels like this?



Florence Nightingale's writings suggest to us to explore an inward journey toward self-transformation and our capacity for growth in order to support change, and healing.



When we address our own
body-mind-spirit issues, we enter into
the full arena of health care

HOW DO YOU CARE FOR YOURSELF?

How will you grow?





Balance....

Personal and Professional....



When we care well for ourselves through nourishment, rest, creativity, movement, quiet time, **then** we can enhance the quality of our personal/professional development.



Leadership results when nurses empower themselves to take on and create roles and have our voices heard .

PVAMC NURSE RENEWAL RESOURCES

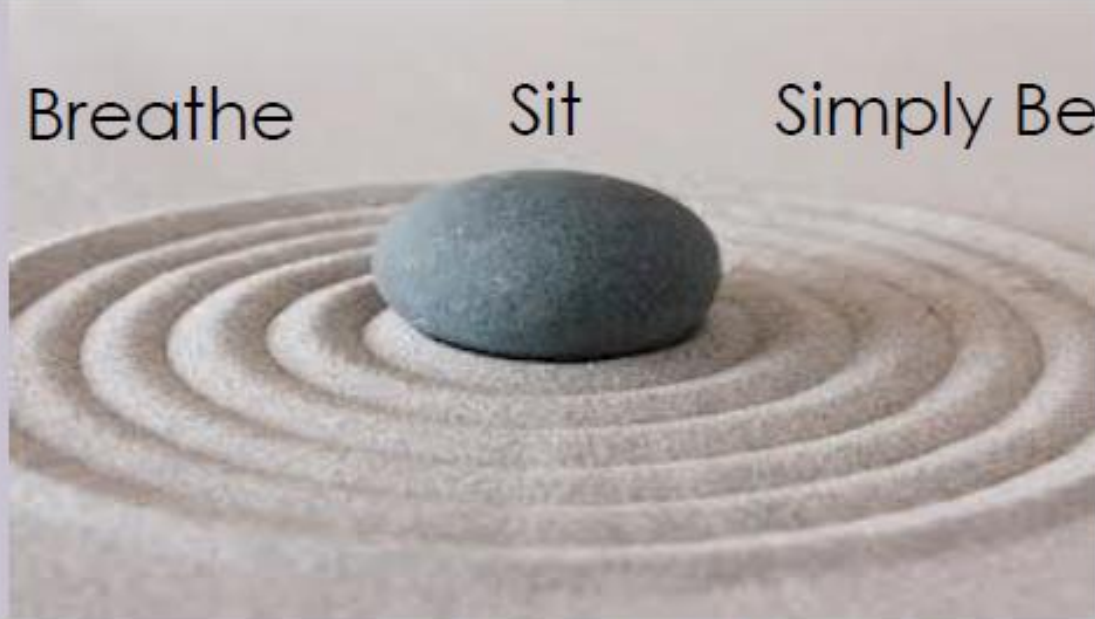


Join others for a few moments to

Breathe

Sit

Simply Be



Looking to recharge from your stressful day?

Join Us for Mindfulness
Tuesday's 12:30 - 1 p.m.

3rd Floor Chapel
No experience needed



VA
HEALTH
CARE | Defining
EXCELLENCE
in the 21st Century

15 MINUTE HEALTH BREAK!

WHEN

**Beginning May 1st
Every Thursday 2 pm
to 2:15 pm**

WHERE

**Portland VAMC Chapel
3rd Floor, Bldg. 100**

3710 SW US Veterans Hospital Rd.

FEATURING

• Move • Guided Imagery • Snack Time

**ALL EMPLOYEES
WELCOME**



**REFRESH YOUR
Mind
Body
&
Spirit**



**MOVE IT!
SHAKE IT!
GET YOURSELF
REFRESHED!**



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