

# 7 steps to getting NURSING YOU supported by your organisation

## What is NURSING YOU?

Designed by nurses for nurses, C3's NURSING YOU programme draws on our global nursing expertise to engage nurses in becoming healthy lives champions. We do this by supporting nurses in:

- improving their own health;
- promoting health and prevention among their patients, families, colleagues and communities; and
- advocating for chronic disease prevention locally, nationally and internationally.

We've spoken with over 450 nurses who all agree: it's time we started looking after ourselves as well as we look after our patients. Follow the steps below to get started on your #NURSINGYOU journey!



For the resources mentioned in the steps below and to access the app visit: [www.c3health.org/nursing-you](http://www.c3health.org/nursing-you).

	Steps	How to go about it
1	<b>Download the app</b>	Create an account, take the assessments and try out the features so you feel comfortable talking about the app with your colleagues and managers.
2	<b>Find a buddy (or two!)</b>	Find 2 of your colleagues who are passionate about nurses' health to download the NURSING YOU app with you. The more support you have the better.
3	<b>Pick an area to improve</b>	Pick one area you and your colleagues would like to improve (e.g. access to water, a dedicated place for staff to eat) – you could do an informal poll to see what your colleagues think.
4	<b>Collect some information</b>	Collect some information about the issue you picked in #3 – on your own and/or asking others to weigh in. See the NURSING YOU app and C3 resources for ideas (e.g. access to food at work survey).
5	<b>Present your proposed solutions to your manager</b>	Come up with 2-3 solutions to address the issue and how they could be implemented along with a timeline. Explain any potential negative consequences and how they could be handled along with potential positives and why it matters to staff to have this change (download our facts sheet about why workplace health matters for nurses). Present this to your managers (download our sample letter to managers).
6	<b>Call in for back-up</b>	Does your manager need a little more convincing? Email us at <a href="mailto:nursingyou@c3health.org">nursingyou@c3health.org</a> if you would like C3's director Christine Hancock (former RCN General Secretary) to email your manager to help you make your case for prioritising nurses' health.
7	<b>Implement the changes and let your manager know how it's going</b>	Keep your manager updated about how the changes have improved your and your colleagues' ability to look after your health. Also share your story on Twitter using #NURSINGYOU to inspire other nurses and make sure to tag top names in nursing!

Once one change has been successfully implemented select a new area to address and repeat the process.

**Let us know how you get on!**

Tweet us [@C3nursing](https://twitter.com/C3nursing) #NURSINGYOU or email [nursingyou@c3health.org](mailto:nursingyou@c3health.org).