

See a poorly patient. Do the drug round. Give IVs. Juggle beds and admissions. Chase the doctors. Write up notes. No time for loo break. Chase up physio referral. Patient falls. Contact Family. Do another drug round. Give IVs. Dream of a loo break. Chase the doctors...

Ok, so not all nurses have the same role, but you get the idea. Between caring for patients and juggling management it's no surprise that we nurses have no time to look after our own health. And it can be hard to change our habits when we're stuck in a mad dash routine. But, we want to feel good and be able to do our jobs – so, what can we do?

It's time we put our needs first. Join charity C3 Collaborating for Health's NURSING YOU programme (designed by nurses, for nurses) today.

Visit www.c3health.org/nursing-you for more information, including:

- Access to resources
 - Fact sheet about nurses' health
 - Help talking to your managers
 - 7 steps to implementing NURSING YOU at your organisation
 - Twitter kit
- A free app exclusively for nurses



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