BEING A NURSE...THERE IS A LIGHTER SIDE

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I have no financial disclosures to report

No off label products will be discussed in this presentation

Definitions:

- Nurse:
  - a person who cares for the sick or infirm specifically; a licensed health-care professional who practices independently or is supervised by a physician, surgeon, or dentist and who is skilled in promoting and maintaining health
  - Merriam-Webster Dictionary

- Humor:
  - a funny or amusing quality
  - Merriam-Webster Dictionary
Work can be so serious...
- Humor helps us to see the lighter side of any situation
  - Coping with the anger of others
  - Teaching
  - Living
  - Forgiving

Promotion of humor
- Tell the patient’s stories
- Share your own personal funny stories
- Believe in fun
- Be yourself
- Laugh out loud each day

Life is better when you are laughing!
- Easy to say difficult to practice

Think on these things:
- What makes you happy
- What are you good at
- What do you like
<table>
<thead>
<tr>
<th>Things to consider:</th>
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<tbody>
<tr>
<td>■ Smile</td>
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<td>■ Touch</td>
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<td>■ Listen</td>
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<td>■ Be willing to show your fun side at work</td>
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<tr>
<td>■ Have a toy chest: for all ages</td>
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<tr>
<td>■ Celebrate</td>
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