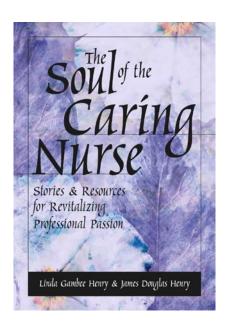
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Connect to Community **Build Healthy Relationships** Share Your Story and Listen to the Stories of Others OH Cards A PBS Home Video on Everyday Spirituality A Book of Storytelling Starters A Book for Work Groups Some Internet Sites This Book Call a Circle Visit the "Nurses Are Angels" Web Site Focus upon Possibilities, Not Problems Explore the Expectations of Others and **Communicate Your Expectations** Practice Appreciative Inquiry Live Your Life with Intentionality Anchor Yourself in the Present Moment





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Care Enough Not to Actively Care Practice the Art of Human Complexity Laugh and Engage Humor Live with Open-Ended Questions Pray **Practice Meditation** Live Simply Practice Forgiveness Prepare Food and Eat Soulfully Connect with Nature Exercise Join the International Association for Human Caring (IAHC) Join the Relationship-Centered Care Network Participate in the Nurse Manifest Network **Explore Holistic Nursing** Take a Vow-of-Kindness Pledge Give Yourself a Sabbath Day Listen Listen to Music Complete the Self-Care Audit **Develop a Self-Care Plan** Reflections on Caring: The Cycle of Self and Others

Appendix, Sample of Interview Questions

Notes



