

August

"I'm tired of masking how I feel"

Unreasonable/unsafe workload; "masking" at work; moral distress; cognitive dissonance + grief; collective grief; and post-traumatic growth.

A nurse asked for affirmations from the group, here's what "we" offered:

"The system is broken, not you [me]"

"All I have to be is me, all I have to do is my best"

"It is okay to put my own body and boundaries first today"

"Good enough is good care today"

"Please take away my fear; and guide me toward what you would have me be"

"You've survived 100% of your bad days"



Tuesday, Aug 18

