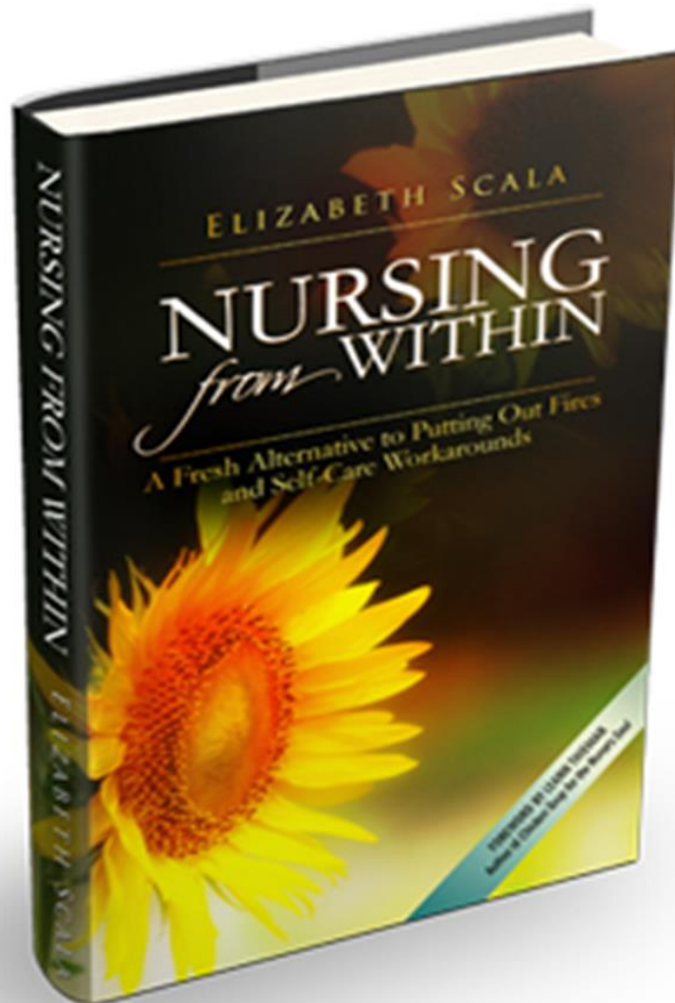


# NURSING from WITHIN

THE WORKBOOK



# NURSING f r o m WITHIN

*A Fresh Alternative to Putting Out Fires and Self-Care Workarounds*

**(The Workbook)**

**Elizabeth Scala**

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## Preface

This workbook is a complementary resource to the book, *'Nursing from Within'*. It is my intention that once you read the book and have consciously chosen to tap more deeply into the nurse within you, you utilize this workbook to reflect and engage further.

The exercises found in this workbook can be partnered with each of the specific chapters of *'Nursing from Within'*. You may read the book once through and then go back and engage in the exercises found here. Or you may choose to go through both books, hand-in-hand at the same time. It is really up to you.

Those of you reading *'Nursing from Within'* and engaging in these self-reflective exercises may find yourselves thinking:

*'This information would be great for all of the nurses I work with to know!'*

And I am glad you are thinking that, as I share that same belief. So if you, your nursing team or even your professional organization would like to take this process further, by all means, please let me know.

As a workshop facilitator, retreat leader and keynote speaker I am happy to come to you and your group. Please visit [www.elizabethscala.com](http://www.elizabethscala.com) or contact me for further discussion. I can be reached at (410) 929-0081 or [support@elizabethscala.com](mailto:support@elizabethscala.com).

Happy work-booking! Enjoy your health today.

Thanks for reading,

*Elizabeth*

## Worksheet #1: Presence in Everything

Tapping into the Nurse Within can be perceived as a broad process across continuous spectrums. On one hand, some of you may find this very easy. While on the other, some may view this process as excruciatingly painful. Wherever you find yourself along the continuum, know this: the first step in tapping into what's within is tuning out what's without.

In today's world, we live in information overload. We have mobile devices binging and bonging every step of our way; children, siblings, spouses and parents who need us any time of the day; and the instant connectivity of social media, the internet and all of the technological advances keeps us constantly turned 'on'.

In order to tap into the Nurse Within we need some peace and quiet!

We have got to be able to hear ourselves to find ourselves.

This first worksheet, which opens up our *Nursing from Within* journey, is about creating that mindful presence in your own daily life.

### **Action Item One:**

Find and engage in a daily practice of quiet stillness. Whether this is done through meditation, movement, or music it is imperative that you carve out at the very least five minutes per day to tune out and tune in.

When will you do this? What practice will you engage in? Make notes in the following space so that in writing it down you are holding yourself accountable in an even greater way:

***Self-Reflection:***

How does taking this quiet time make me feel? What do I notice on the days that I skip my space of stillness? What do I enjoy on the days when I consciously choose to set aside quiet moments for myself?

A large, empty rectangular box with a thin black border, intended for the user to write their self-reflection answers.