

# PRESS RELEASE

## Elizabeth Scala Presents Nurses with Self-Care Strategies in New Book *Back to the Basics: a Nurse's Pocket Guide to Self-Care*

**Baltimore, March, 5 2012:** Author Elizabeth Scala worked as a nurse on a busy, stressful inpatient psychiatric unit. Now she brings to life that experience in the first of her books which highlight for nurses the impact and necessity of self-care. The book is entitled "Back to the Basics: A Nurse's Pocket Guide to Self-Care" and is written from the experience of a highly stressed and very unhealthy nurse who has revitalized and rejuvenated her entire existence both personally and professionally.

Scala drew from her own intimate experience with burn out and compassion fatigue to tap into the wants, needs, and desires of an overwhelmed, stressed out nurse. "Nurses want a break," the author said. "A nurse wants time, help, and rest... a nurse wants a life."

Scala has lived through this exact same lifestyle transition. "I was completely stressed, very unhappy, entirely unhealthy -in mind, body, and spirit- and have totally made over the way I live to embody peace of mind, joy, gratitude, and holistic health."

This pocket guide will capture the life lessons, healing modalities, and growing pains that Elizabeth went through in order to be able to share with nurses everywhere. The book has a serious side, but will show a lighter side as well. Elizabeth will offer practical tips, easy-to-use tools, and simple suggestions for self-care while weaving in some of her own stories of growth and healing along the way.

Elizabeth Scala has written numerous articles for nurses on holistic wellness and healthy balance. Scala has also released several eBooks in which she interviewed dozens of nurses on their experiences with self-care, holistic balance, and healthy role-modeling. She lives in Baltimore, MD with her husband and two dogs.