

Welcome, Nurseketeers

November 3, 2021

Nurseketeers Newsletter

TURN STRESS INTO A MOTIVATOR

The key to managing stress is to take a step back and redefine it. If you're stressing about something you can do nothing about, you have to choose to let it go... BUT if it's the stressor is yours to manage, take another step back and divide it into manageable pieces that you can handle, one at a time. Completing each piece will motivate you to tackle the next. The stressor will be gone much more quickly than if you had done nothing but worry.

Learn to manage your stress... or it will interfere with the just about everything.



Good advice...



JD and T Baker and Goodman a book bubble about

A, B, & Cs of Author Partnering
Education & Reference

[synopsis](#) | [bio](#) | [website](#)



Author Insight

Managing Stress is a Personal Responsibility

Stress is inevitable in the lives of busy people. Stress can be debilitating. Managing stress is a personal obligation, and the ability to manage stress can make the difference between success or failure of a partnership.

Book Excerpt

A, B, & Cs of Author Partnering

Gaining support from friends and family and talking openly about issues can help reduce stress, improve one's outlook, and prevent burnout. Partners should acknowledge their needs and ensure that they are met. Failure to address personal needs can be detrimental to both the individual and the partnership. Seeking help is never a sign of weakness.



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