



Welcome, Terri

December 15, 2021

# Nurseketeers Newsletter


## PERSPECTIVES

Each individual's reality - how he or she reacts to the world - is based on his or her perspective. Few things are so clear that everyone interprets them identically. Very few things are ALWAYS right or ALWAYS wrong. Flexibility and diversity add spice to life, but with differing perspectives come the need to respect alternatives and embrace understanding and compromise. Unfortunately, some people mistake *perspective* for *truth*.

Each individual must determine *how much is too much* based on personal perspective, resources, and expectations.



For each of us, the world *IS* the way we see it. We make decisions based on our personal interpretation of reality. Healthy people acknowledge that *my way* isn't the *only way*.



**JD and T Baker and Goodman**  
a book bubble about

**Silent Struggle**  
Literature & Fiction

synopsis | bio | website

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**Author Insight**

### How Much is Too Much

We've all faced situations where there's more to do than we have the time or resources to accomplish. Setting priorities, then letting go... can be difficult.

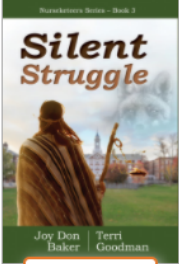
**Book Excerpt**

*Silent Struggle*

"You're over-extended, Leslie. You have no choice but to make time for sports to keep your scholarship, but on top of that, you're the VP of the Student Nurses' Association and that consumes gobs of your time. That cuts into study time, which can't be helping your anxiety."

"I... I need to contribute beyond just sleep, study, and athletics. Besides, I was elected VP and I take that commitment seriously."

"Leslie, you're in over your head and none of it will matter if you fail your classes."



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