

1. Record Nr.	UNINA9910460066703321
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Titolo	B is for balance : 12 steps toward a more balanced life at home and at work
Pubbl/distr/stampa	[Place of publication not identified], : Sigma Theta Tau International, 2014
Disciplina	610.7306/9
Soggetti	Nurses - psychology Nurse's Role - psychology Workload - psychology Quality of Life Burnout, Professional
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Bibliographic Level Mode of Issuance: Monograph
Nota di contenuto	Introduction -- Part I-Balancing by Knowing and Appreciating Self -- Chapter 1-Knowing Your Purpose -- Chapter 2-Simplify Your Life -- Chapter 3-The Wages of Stress -- Chapter 4-Focus and Begin to Dream Again -- Chapter 5-Get Engaged . . . In Your Life -- Chapter 6-Putting Technology In Its Place: The Effect of Connectivity and Social Media -- Part II-Finding and Keeping Balance -- Chapter 7-Fatigue -- Chapter 8-Workplace Balance -- Chapter 9-Sleepless, and Not Just in Seattle -- Chapter 10-Be Happy, Eat Well, Get Moving, Live Longer, and Live Well -- Chapter 11-Reinventing Yourself: Becoming More of You -- Chapter 12-Destiny in the Balance -- Appendix-26 Principles of Life -- Index.
Sommario/riassunto	B is for Balance is about the individual nurse – the professional, the multi-tasker, the 'be all things to all people'leader. While the first edition of B is for Balance was well-received and has been a great resource to nurses and other professionals, the second edition has been updated to focus on 12 steps to balance, including engagement, focus, sleep deficits, fatigue, diet, re-inventing one's career, and the need for each of us to live longer and to live well.