



# HIGH FEELING NURSE UNDERSTANDING COMMON TRIGGERS & HOW TO SOOTHE THEM





SOME NURSES FEEL MORE DEEPLY THAN OTHERS—AND  
THAT'S NOT A FLAW, IT'S A GIFT. BUT WHEN EMOTIONAL  
INTENSITY IS LEFT UNRECOGNIZED OR UNSUPPORTED, IT  
CAN QUIETLY DRAIN YOUR ENERGY AND LEAD TO  
BURNOUT.



THIS GUIDE IS FOR THE HIGH-FEELING NURSE—THE ONE WHO NOTICES EVERYTHING, CARES DEEPLY, AND OFTEN HOLDS MORE THAN THEY REALIZE. HERE ARE FOUR COMMON EMOTIONAL TRIGGERS, WHY THEY MIGHT SHOW UP, AND HOW TO GENTLY CARE FOR YOURSELF IN THOSE MOMENTS.



## ◆ WHEN THINGS FEEL UNCLEAR...

YOU MAY START TO OVERTHINK OR FEEL ANXIOUS WHEN COMMUNICATION IS VAGUE OR PEOPLE DON'T SAY WHAT THEY MEAN. THIS COMES FROM A NATURAL DESIRE TO UNDERSTAND AND STAY EMOTIONALLY SAFE.

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TRY THIS:

- ASK FOR CLARITY IN A CALM, RESPECTFUL WAY: “JUST SO I’M CLEAR, ARE YOU SAYING...?”
- REMIND YOURSELF: “UNCERTAINTY DOESN’T ALWAYS MEAN SOMETHING BAD IS HAPPENING.”
- TRY A QUICK GROUNDING ACTIVITY—LIKE 3 DEEP BREATHS OR A SHORT WALK—TO RESET YOUR FOCUS.



## ◆ WHEN THINGS FEEL UNFINISHED...

YOU MIGHT FEEL STUCK OR EMOTIONALLY UNSETTLED WHEN CONVERSATIONS DON'T END CLEARLY. THIS COULD COME FROM PAST EXPERIENCES WHERE THINGS WERE LEFT HANGING WITHOUT CLOSURE



TRY THIS:

- WRITE A QUICK JOURNAL NOTE: "WHAT DO I KNOW? WHAT DO I FEEL? WHAT CAN I LET GO OF FOR NOW?"
- CREATE YOUR OWN SENSE OF CLOSURE, EVEN IF OTHERS CAN'T GIVE IT TO YOU.
- SAY TO YOURSELF: "I CAN CLOSE THIS CHAPTER GENTLY, EVEN IF IT'S NOT PERFECT."



## ◆ WHEN YOU FEEL UNSEEN OR OVERLOOKED...

MANY HIGH-FEELING NURSES LINK THEIR VALUE TO BEING HELPFUL. SO WHEN NO ONE CHECKS IN OR THANKS YOU, IT MAY FEEL LIKE YOU DON'T MATTER.

TRY THIS:

- PAUSE AND AFFIRM: "I MATTER, EVEN WHEN NO ONE SAYS IT OUT LOUD."
- JOURNAL: "WHAT'S ONE THING I DID TODAY THAT MADE A DIFFERENCE?"
- ASK FOR WHAT YOU NEED: "WOULD YOU MIND GIVING ME FEEDBACK ON THAT?"



◆ WHEN YOU DON'T KNOW WHAT SOMEONE IS THINKING...

YOUR STRONG EMOTIONAL AWARENESS CAN LEAD TO WORRY WHEN SOMEONE GOES QUIET—YOU MAY START FILLING IN THE BLANKS WITH FEAR OR SELF-BLAME.

TRY THIS:

- USE BREATH TO REGULATE: TRY 4-4-8 BREATHING (INHALE 4, HOLD 4, EXHALE 8).
- TELL YOURSELF: "IT'S OKAY NOT TO KNOW. SILENCE DOESN'T MEAN SOMETHING'S WRONG."
- DISTRACT WITH SOMETHING GROUNDING—LIKE MOVEMENT, MUSIC, OR SUNLIGHT.



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