

A Note to the Exhausted Nurse

If you found this page, it is for you.

For the nurse who keeps going.
For the nurse who shows up tired but still gives care.
For the nurse whose feet ache, whose mind is full, whose heart has carried more than most people will ever know.

Nursing is more than a job.
It is constant awareness.
Constant responsibility.
Constant giving.

You care for patients.
You support families.
You manage expectations.
You make decisions that matter.
You carry stories that do not leave when your shift ends.

Some days are fulfilling.
Some days are overwhelming.
Some days, you leave knowing you did your best.
Other days, you leave wondering if it was enough.

If you are tired, it does not mean you are weak.
It means you have been strong for a long time.

If you feel stretched, it does not mean you are failing.

It means you have been giving without always having the chance to refill.

Pause for a moment.

Take one slow breath.
Let your shoulders drop.
Release the pressure to hold everything together perfectly.

You are not just a nurse.
You are a human being who cares deeply.
And that kind of caring can be both beautiful and heavy.

May you remember:

- *The comfort you bring matters*
- *The lives you touch matter*
- *Your presence matters even on imperfect days*
- *You deserve rest, too*

When the shift feels long, take it one patient, one task, one breath at a time.
When the emotional weight feels heavy, remind yourself that you were never meant to carry it alone.
When you feel unseen, know that the impact of your work extends far beyond what you can measure.

Thank you for continuing.
Thank you for caring.
Thank you for showing up.

You are valued.
You are needed.
You are not alone.

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Legacy Advance Care Planning, LLC
Sherene C. Wilson, MSN, RN, CCRN,
CCM, HHA-I
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