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For more well-being resources, visit: NursingWorld.org/TheWellBeingInitiative

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  Acknowledge a challenge you faced, take a deep breath, and let it go.

- **Reflect**
  However small, consider and appreciate three positives in your day.

- **Regroup**
  Offer support to your colleagues—and ask for help when you need it.

- **Reenergize**
  Turn your attention to home. Focus on relaxing and resting.

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