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HEALTH & WELLNESS



Once a Nurse, Always a Nurse
Monday at 10 AM Pacific
October 12th 2020: Fill Up Your Cup, Nurses!

There just cannot be too many ways to describe self-care for nurses, since we tend to be so bad at doing self-care. I have had Education and Coaching experts, guru's of meditation, breath work, nurses of all types, ages and backgrounds on the show to discuss this. What I have been wanting to do is talk to relatively new nurses and dig into what works to welcome them into the career and profession of nursing; what helps when they recognize burnout brewing in their souls; and what makes them want to stay? Emily Mazurak came to my attention as exactly the right person with whom to talk about thes

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Featured Guest



Emily Mazurak, MPH, BSN, RN

Emily Mazurak is a second degree, critical care certified nurse with experience in both the inpatient and outpatient settings. After four years of working in high paced, high intensity PICUs around the US, she was forced to come face to face with her own crippling burnout during a job interview. On the car ride home she realized that if she did not make a change, and fast, her career as a nurse would be over just as quickly as it began. She started to put as much emphasis on personal development as she did on professional development and slowly redefined what it meant to be a "real nurse." Emily, the creator of the Fill Up Your Cup Project, is now helping other nurses reignite their spark an

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