

A woman with blonde hair, wearing dark blue nursing scrubs and black slip-on shoes, is sitting on a wooden slatted bench outdoors. She has a stethoscope around her neck and is looking towards the camera with a slight smile. The background shows a wooden wall and some greenery.

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by PG Lite

SURVIVAL GUIDE FOR NURSES

Being accepted into nursing school is a huge accomplishment and an exciting start to a rewarding career. You'll find that it's also challenging and difficult at times. You'll be learning new concepts, participating in clinical practice, interacting with patients, and becoming a part of the health care team.

Naturally, you want to excel in your classes and clinicals but you also have a life outside of the program. If you are like many students, you may have to keep working while you go to school. You also need to attend to family, friends, and personal interests. In other words, life is busy and there's a lot to be done. It's natural to feel overwhelmed, but with some simple coping strategies, you'll not only survive nursing school, but you'll thrive personally and professionally.

Alegria by PG Lite[®]

LOVES and **SUPPORTS** nurses

who are dedicated no matter how long the day is. We would like to support a nursing student in accomplishing his or her educational goals that will help them further his or her passion in helping others in need, through a \$2,000 scholarship prize.

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Take Care of Yourself First

This may sound cliché, but the truth is that you have to take care of yourself before you can take care of anyone, or anything, else. Don't feel like you need to be a superhero who can juggle everything at once without taking a break. Nursing school is tough and it takes a strong person with dedication to get through it. That starts with being dedicated to your own personal health and wellbeing.

Eat a Healthy Diet

When you're really busy, it's easy to forget to eat; the options become grabbing a quick bite either at a fast food place or out of a vending machine. Your belly is full so it's all good, right? Junk food isn't going to sustain you through the day the way a healthy meal will. All that processed sugar, fat, artificial preservatives and flavorings don't provide the kind of fuel a busy nursing student needs. Replace the junk with fresh fruits and vegetable snacks, yogurt, cheese, and proteins and you'll fuel your body, improve your memory, learn faster, and be in a better mood.

Get Plenty of Rest

This is probably the hardest thing for a nursing student to do, but it's one of the most important. When you don't sleep for at least 7 hours a night, you aren't at your best physically, mentally, or emotionally. Even so, nursing students often spend their late night hours working on assignments and cramming for exams. A good night's sleep makes it better to understand new information and to commit it to long-term memory (pretty important for a nurse). So, close the books, turn out the lights, and get some rest.

Exercise Regularly

You're going to be on your feet a lot once you start working as a nurse in the hospital, clinic, or another facility. Right now you're probably spending a great deal of time sitting in a classroom, the library, or other quiet places so you can complete your assignments and study. The more you sit, the harder it is on your body, mind, and spirit. Take the time every day to get out and go for a walk, stretch, or workout at the gym. Your body will feel refreshed and you'll be able to focus better when you do get back to studying.



Mind Your Feet & Back

You're running around all day and half the night and your back and feet hurt when all it's all over. That's the way it is for nursing students and practicing nurses alike. It's common for a nurse to spend 12 or more hours a day on their feet. What most nursing students don't realize, though, is that the right shoes change everything. We understand here at Alegria by PG Lite® that happy feet make happy nursing students and nurses. We have a professional collection for nurses and other healthcare professionals that have been awarded the APMA Seal of Acceptance, thanks to our ergonomic patented footbed geared for long hours on your feet. We strive to create shoes that offer cute designs wrapped around fundamentals of comfort and support.



Ask For Help!

Nursing students are under a huge amount of pressure. Much of it is self-induced because they're trying to achieve perfect grades with a huge class load, family responsibilities, perhaps a job, and a life outside of school. If you start feeling like you've bitten off more than you can chew and you're getting worn out, ask for help. Maybe you just need a quiet day off so you can nap and relax, or a few hours with no interruptions so you can study. Your family and friends want you to succeed so give them every opportunity to do so.

Study Tips for Nursing Students

The curriculum for every nursing program is intense and students are expected to learn huge amounts of information. From the required reading and classwork to assignments, essays, tests, and exams, nursing students are under pressure to not just complete the work but to achieve high grades. It's a competitive program and that can cause anxiety, stress, and a host of other problems. Here are a few ways to manage:

Pace Yourself

It's common for a nursing student to want to hurry along the process by taking on a large load of classes. That's not as easy as it sounds. In fact, it's extremely difficult to keep up with multiple high-level classes, much less do well in all of them. Rest assured that there will be a job opening for you when you graduate, whether that's in two, four, or even six years. Go at your pace with just enough of a challenge that you stay interested, but not so much emphasis on getting done more quickly. Learning takes time.

Work/Life Balance

Earning your nursing degree is one of the most important things you will ever do, but you have to keep yourself grounded as well. You're more than just a nursing student – you're a mother, father, cousin, brother, aunt, sister, or uncle, too. That means there are people who want and need your presence. You also have hobbies and interests outside of the nursing program that you love. Spend time with loved ones, go to your pottery class, walk your dog, and enjoy life every chance you get and you'll speed through classes faster and easier.

Stay Focused on Your Goals

You have a lot of classes to take, many papers to write, and endless exams. If you look at the overall nursing program requirements, it's scary to think you'll ever get through it all. First and foremost, always keep in mind that your ultimate goal is to become a nurse so that you can provide care to those in need. Instead of focusing on the daunting goal that seems so far from your grasp, stay focused on each task as it's presented. Reaching smaller achievements along the way that lead to the final goal of graduating from nursing school will make the journey seem easier.

Take Advantage of Your Resources

It's no secret that nursing students are learning mainly from textbooks, lectures from their professors, and other curriculum tools. There's no better teacher than experience and a nursing student who really wants to succeed will take note of that. Many of the instructors and professors in nursing schools are working professionals who have decades of experience. Ask them questions, watch what they do listen to their instructions and stories carefully. One day those stories will serve as your care for a patient.

Lean on Study Buddies

One of the great things about nursing school is that the students come together to help encourage one another. Join a study group or start one of your own and the work won't seem so intense or difficult. Plus, making connections and sticking together through the rough spots helps keep everyone motivated. If you're having a tough time, talk to one of your fellow students. Chances are, they know exactly how you feel and might even have some suggestions on how to cope.

Take Breaks & Reward Yourself -

Studying for long hours is exhausting, but it's an unfortunate necessity for nursing students. It's hard to break away from an intense study session, but it is actually one of the most effective ways to retain new information. You'll actually be more productive if you do something completely different every once in a while. Try working for 45 minutes and then go outside for 15 minutes, play a video game, or grab a snack. Then, get right back to what you were doing feeling energized and ready to work.

Keep a Positive Mindset

When you have a particularly difficult assignment due, or an important exam looming, don't fall into negative patterns of thinking. If you start to tell yourself that it's going to be difficult and that you're going to do poorly, you'll do just that. Remember that everything you do begins with a thought and the more positive the thinking is chances are the better you'll perform. Singing a silly song, do a dance, play with your cat – do whatever you have to do to put yourself in a happy, positive mood before you study. “Alegria” means happiness, and we strongly believe in a positive mindset. It is our mission to make shoes that make people happy.

Conclusion

Remember that as you progress through your nursing program you'll run into tough spots, but you'll get through them as long as you take care of yourself first. That starts every day when you wake up and get ready for the day. Fill your mind with positive thoughts, keep your immediate and long-term goals in mind, and slip on a pair of professional nursing shoes from Alegria by PG Lite® because you're going to be on your feet all day. We want you to be a happy nurse who's comfortable no matter how long the day is. Visit AlegriaShoes.com to learn more.