



Vibrant Mosaic
COACHING

Self Care Toolkit For Nurses

Empowering Nurses to Thrive -Mind, Body and Career





Vibrant Mosaic
COACHING

How to Use This Toolkit

This isn't a checklist. It's a reset.

You don't have to earn your rest. You just have to receive it. 


 Here's How:

 **Start where you are.**

Flip to what you need — there's no right order.

 Go at your own pace.

One page a day or a full weekend reset — your choice.

 Make it yours.

Write. Highlight. Reflect. This space is for you.

 Come back as needed.


This isn't a one-time tool — it's a lifeline.





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“You can’t pour from an empty cup — but you can refill it
on purpose.”

Dear Nurse,

You are more than your shift.

You are more than your scrubs.

You are a whole human being — and you
deserve to feel whole, too.

This toolkit was created to nourish your spirit,
reconnect you to your purpose, and remind you
that healing starts within.

Take what you need. Leave what you don’t.
Come back as often as you like.

This space is for YOU.

With heart,

Frankie Bell, DNP, NC-BC, NPD-BC
Founder, Vibrant Mosaic



The Importance of Self-Care in Nursing

02

IT'S NOT JUST PERSONAL — IT'S PROFESSIONAL.

FROM THE ANA CODE OF ETHICS (PROVISION 5):

“THE NURSE OWES THE SAME DUTIES TO SELF AS TO OTHERS...”

This means you have a duty to care for yourself:

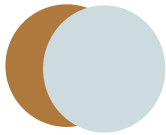
- To protect your health.
- To set boundaries.
- To grow.
- To rest.
- To stay whole.



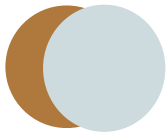
What would change if I took care of myself like I take care of others?

What Self-Care Looks Like in Practice:

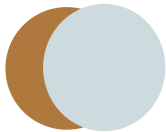
03



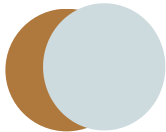
TAKING BREAKS — WITHOUT GUILT



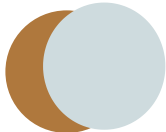
SAYING “NO” — WITHOUT APOLOGY



RECONNECTING WITH YOUR PURPOSE



CARING FOR YOUR MENTAL HEALTH



CHOOSING REST BEFORE BURNOUT

WHEN YOU CARE FOR YOURSELF, YOU MODEL
HEALING.

WHEN YOU THRIVE, NURSING THRIVES.



Self-Care *CHECKLIST*

04

Self-care isn't an act but a loving commitment to oneself. How are you going to cherish yourself this week?

Physical Self-Care	M	T	W	T	F	S	S
Cook a healthy, nourishing meal							
Drink a glass of water in the morning							
Exercise or move your body							
Do skincare routine							
Take a long bath or shower							

Mind & Soul Self-Care	M	T	W	T	F	S	S
Attend a workshop or class							
Read for 30 minutes							
Listen to a podcast episode							
Learn something new							
Plan out your week in advance							

Emotional Self-Care	M	T	W	T	F	S	S
Practice daily gratitude							
Spend time with a loved one							
Foster a positive mindset							
Spend time outdoors and in nature							
Journal your thoughts							



Daily Self Care Check In



HOW AM I FEELING TODAY (EMOTIONALLY + PHYSICALLY)?



WHAT IS ONE THING MY BODY NEEDS RIGHT NOW?



WHAT IS ONE THING MY MIND NEEDS RIGHT NOW?



ONE SMALL ACT OF KINDNESS I WILL GIVE MYSELF TODAY:

Burnout SOS

Checklist

06

Signs I May Need Immediate Self-Care:
(Check the ones you are feeling)

☐

Constant exhaustion despite sleep.

☐

Feeling disconnected or numb.

☐

Emotional outbursts (crying, anger, shutting down)

☐

Dreading every shift or even days off.

☐

Question why I'm still doing this?

QUICK BURNOUT RESET ACTION PLAN:

 One boundary I need to set immediately:

YOU DON'T NEED TO BE AT ROCK BOTTOM TO REST.



SMART GOALS MAPPING

07

Concrete goals are your wellness milestones. Let's set goals that are SMART:

Example: Your Goal: Take a 10-minute walk 3x/week

SMART Breakdown » **S:** Walk 10 mins, **M:** 3x, **A:** Yes, **R:** Supports stress relief **T:** Weekly

S

Specific: Clear and concise.

M

Measurable: Quantifiable to track progress.

A

Achievable: Attainable to remain motivating.

R

Relevant: Aligned with your larger wellness vision.

T

Time-bound: Encased within a timeframe.

Sketch your goals with kindness, remembering that they are fluid and can adapt to your journey's needs.



The Eisenhower Box

08

You triage everything at work — now it's time to triage your life.

Use the Eisenhower Box to sort what you'll:

☒ Do

☒ Schedule

☒ Delegate

☒ Release

	Urgent	Not Urgent
Important	Do	Schedule
Not Important	Delegate	Release

What's one thing I can delegate or release today?

30 DAYS SELF-CARE

09

MONTH: /

01 Take a Relaxing Bath	02 Read a Book	03 Practice Deep Breathing	04 Try Meditation	05 Journaling
06 Listen to Calming Music	07 Yoga or Stretching	08 Disconnect from Technology	09 Spend Time with Loved Ones	10 Cook a Healthy Meal
11 Go for a Walk	12 Practice Positive Affirmations	13 Artistic Expression	14 Good Night's Sleep	15 Away from Work
16 Pamper Yourself	17 Watch a Good Movie	18 Learn Something New	19 Declutter Your Space	20 Mindful Eating
21 Practice Gratitude	22 Help Others	23 Dance it Out	24 Plan a Day of Rest	25 Explore Nature
26 Connect with a Friend	27 Digital Detox	28 Laugh Out Loud	29 Mental Health Check-In	30 Set Boundaries

DAILY ROUTINE

10

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TIME	SCHEDULE

PRIORITY

- 1
- 2
- 3
- 4

TODAY'S MEAL

NOTES



WEEKLY GOALS

..... / / - / /

MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	





Eating Well is Self-Care

Eating well isn't about eating perfect — it's about fueling your body with care. Especially in nursing, when meals are skipped or rushed, your body deserves extra love.



Try:

- Hydrate first
- Keep quick snacks on hand (nuts, fruit, bars)
- Add one colorful food daily
- Eat before you're starving
- Embrace smart shortcuts (pre-chopped veggies count!)





MEAL PLANNER



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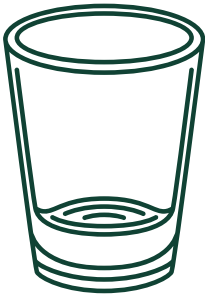
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DAY	BREAKFAST	LUNCH	DINNER
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			



WATER INTAKE

..... / /





Movement is Self-Care

15

Not punishment. Not perfection. Just peace.

Even 5 minutes of movement can reduce stress, boost your mood, and help you come back to yourself.

It doesn't have to be intense — it just has to feel good.

?



Try:

A walk on your break

Chair stretches while charting

Dancing in your kitchen

Deep breathing with slow movement

Gentle yoga before bed



WORKOUT TRACKER

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MON	EXERCISE	TIME/REPS
TUE	EXERCISE	TIME/REPS
WED	EXERCISE	TIME/REPS
THU	EXERCISE	TIME/REPS
FRI	EXERCISE	TIME/REPS
SAT	EXERCISE	TIME/REPS
SUN	EXERCISE	TIME/REPS



Free Resources for Nurses

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Support, tools, and nourishment — no login or payment needed.



Movement & Exercise

- [Yoga With Adriene](#) (gentle, beginner-friendly).
- [POPSUGAR Fitness](#) (quick & fun workouts).
- [HASfit](#) (home-friendly strength, stretch & recovery).
- [Darebee](#) (printable, no-equipment workouts).



Nutrition & Nourishment

- [MyPlate](#) (USDA basic nutrition tools).
- [Budget Bytes](#) (affordable, healthy recipes).
- [Toby Amidor, RD](#) (realistic nutrition tips).



Mental Wellness & Reflection

- [Insight Timer](#) (free meditation + sleep support).
- [Therapy for Black Girls](#) (directory + podcast).
- National Alliance on Mental Illness (NAMI)



MOOD TRACKER

MONTH: /

01	02	03	04	05	06
07	08	09	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30



HAPPY



SAD



ANGRY



MEH

Connect with Vibrant Mosaic


✨ Coaching that puts the nurse first.



Ready for More?

You've taken the first step — now let's walk the next part together.

If this toolkit spoke to your spirit, imagine what a personalized coaching session could do.
Let's clarify your goals, restore your energy, and reignite your purpose — together.

 Book a FREE 20-minute clarity session:
Explore nurse coaching with Frankie Bell, DNP, NC-BC

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 Email: info@vibrantmosaic.com

 Instagram: [@vibrantmosaic_nursecoaching](https://www.instagram.com/vibrantmosaic_nursecoaching)