

*Tribute Poem for Nurses written with appreciation by
Stephanie Staples, www.YourLifeUnlimited.ca*

Hey Nurses, I been watching for quite some time
How you work and how you unwind
I see some things, I'm not sure you do
Can I put it on the table and discuss it with you?

When you started in healthcare the future looked grand
The difference you'd make, when you'd lend your hand
Your patient's would love you and you go home each night
Glowing from your halo's bright light

The uniform looked great for the first 20 minutes
Until there was blood and poop and pee in it
No glamour in nursing, no name in big lights
No million dollar paycheck, even if you work nights

You care about people so you choose this profession
A Nurse is a most trusted designation
You went into this job because you love to help
But somehow in the years, you lost a piece of yourself

The giving and loving and sharing and more
The people you serve as you walk down the wards
The public doesn't see the tole that it takes
The overtime, double-time shifts and backaches.

Your patients, your clients, your residents
Desperately need you to be at your best
But how can *you* be mentally well
When you're stressed and overworked and tired as hell.

Hey Nurses, hang in there, I've got your back
Though I can't protect you from the vicious attack
Of condescending doctors or patients or staff
Or when someone tears a strip off your back

But please don't despair, please don't get hard
We need your good care and your brains and your heart
We need you to continue to do what others cannot
To make split second decisions with both science and art

For most mere mortals could never do this vocation
And the world be in a terrible situation
So in the end, it's all up to you
To care for yourself, it's what you must do

Stop waiting for the perfect time
A better place, a better rhyme
Grab your life by the horns and demand to reclaim it
Pick your priorities now and show them you mean it

Start small with the things that matter most to you
Set that example, you know just what to do
You go first, with your health and well-being
So a clear picture of a good life is what others start seeing

When they look in your eyes, resilient and strong
It may make them wonder what they're doing wrong
So they ask your advice, then actually follow through
For the example you set is an inspiration too.

Hey Nurses, I thank you on behalf of the many
Who you've helped to get better and you've helped keep steady
Go take your time now - finally it's your turn
Be the next to recover, the next one to learn

That if happy and healthy is what you want for this planet
Then *you* must go first, and I mean *now* dammit
You can only give 100%
When you honor yourselves, you can then give your best

THANK YOU!!

I'm PUMPED... Apppicker.com voted Life Support for Nurses one of the best iPhone apps for nurses. Please pass it on to your nurse friends - it's F.R.E.E! Download it here: <https://itunes.apple.com/us/app/life-support-for-nurses/id561874136?mt=8>

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