

I had an incredible time at the AAOHN National convention in New Orleans this past April. Each day I witnessed such amazing synergy and energy, so many nurses to meet and so many connections made. One of my “aha” moments came when I attended Dr. Jo Lichten’s “Reboot Your Energy” presentation. As nurses we often care for others and forget to care for ourselves. How many times have I told a patient to drink water but haven’t had any all day! Dr. Jo brought that front and center for me. I now carry a bright pink water bottle, I’ve cut my coffee in half; and I set my phone alarm to go to sleep. I eat breakfast every day and when I am stressed I sing a few lines from my new personal theme song “Don’t stop Believing”. I am a better Occupational Health Nurse because of it. I also have let employees; friends and patients know some of Dr. Jo’s techniques.

A big thank you to Meditrax for the scholarship that allowed me to stay "in the know" and make new connections with other occupational RN's from across the planet. Next year we will Rock Reno!

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