

## Getting out of a rut

Do your days seem like they just blend together. Perhaps you feel like you do the same thing every day and wonder if you will have the energy to get up and do it all over again tomorrow. This can be a sign that you are simply working too much and/or you have worked your way into a rut.

You see the same people every day and say the same cordial things. You put on your best smile, but inside you feel like the walking dead.

Traveling is a wonderful way to get out of a rut. Travel nursing opens your eyes in so many ways. Everything is different from where you live to who you meet and how they respond to you.

You find that different environments promote different team work atmospheres some better some worse than your current situation. Hospitals are different in the way they do things and they use different technology. In different locations there are different kinds of things to do and explore. You will want to get up and see what the day has in store for you. What new person will you meet today? What new restaurant will you discover?

If you are working 8 hour shifts, you can look for an assignment that offers 12 hour shifts. This can change your work schedule and sometimes that is good too.

If you don't know if you are just in a rut or depressed, try changing your routine by traveling and see if that lifts your spirits. If you are still dragging around, you may be truly depressed and should of course get help. Being away on assignment is a great way to get away from everything to think and go inside for some good healing. Some women do go through a mid-life crisis too you know. I think their midlife crisis is often earlier than men's. Women often handle it better and it's not often labeled as mid-life crisis, but it is. We all go through it to some degree as we transition into the next stage of life.

Next time you feel like you are in the land of the "walking dead," you may want to consider travel nursing. It may be just what the doctor ordered.