

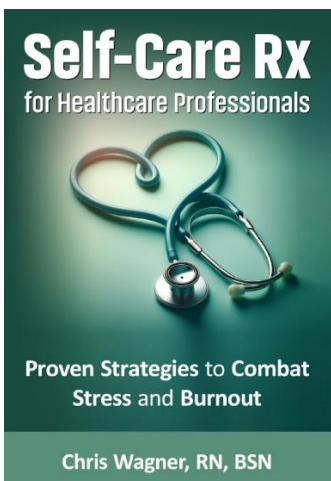
SELF-CARE RX

FOR IMMEDIATE RELEASE

Chris Wagner, RN, BSN is Pleased To Announce The Launch of His New Book - "Self-Care Rx for Healthcare Professionals: Proven Strategies to Combat Stress and Burnout"

"Self-Care Rx" will empower healthcare professionals to not just cope, but grow stronger in the face of challenges. In the ever-changing healthcare industry, personal well-being is crucial. Consider this book your guide to a healthier, rejuvenated future.

Salem, Oregon, November 25, 2023, Only a select few books published each year truly have the power to transform lives. Chris Wagner's new book, [Self-Care Rx for Healthcare Professionals: Proven Strategies to Combat Stress and Burnout](#) does just that. Written by a Registered Nurse, this resource equips healthcare professionals with the knowledge to stay mentally healthy and strong. Healthcare professionals and other first-responders must uphold their health at elevated levels to confront the intrinsic stress in their roles.



In the aftermath of the COVID-19 pandemic, healthcare professionals are grappling with the impact of stress and burnout more than ever. Surrounded by the chaos of overwhelming demands, there is a pressing necessity for tools and techniques to safeguard mental welfare. "Self-Care Rx: Proven Strategies to Combat Stress and Burnout" serves as that invaluable resource. Authored by Chris Wagner, RN, BSN, who has firsthand experience in the challenging realm of healthcare, this book drives home the importance of taking care of oneself.

Author [Chris Wagner, RN, BSN](#), discusses the urgent need for mental well-being in healthcare, particularly post-COVID-19. This book is an essential resource for healthcare professionals who face high levels of stress and burnout.

Drawing from his experience in healthcare, Wagner offers practical, easy-to-integrate strategies that aim to restore balance and resilience in the lives of those who care for others. The book provides a guide on how to balance professional and personal responsibilities effectively, avoiding neglect in either area.

Key benefits highlighted in the book include:

- Establishing a seamless integration of self-care routines into daily life, making it a natural and effortless practice.
- Gaining insights and inspiration from the experiences of peers who have successfully overcome burnout, offering real-world examples and relatable journeys.
- Understanding and implementing principles of financial well-being to alleviate stress related to monetary concerns.
- Developing resilience and a calm demeanor when dealing with challenging patients, fostering patience and understanding.

"Self-Care Rx" is more than just a guide; it's a transformative journey for healthcare professionals. It empowers readers to not just endure the challenges of their profession, but to thrive and emerge

stronger. In a field where the well-being of the caregiver is as vital as the care they provide, this book stands as a beacon, guiding healthcare professionals towards a healthier, more fulfilled career and life.

About The Author:

Nestled in the heart of Salem, Oregon, Chris Wagner is more than an RN; he embodies the spirit of a lifelong learner. With a background in [psychiatric nursing](#), he dedicates his experience to uplifting his community. Alongside his nursing duties, Chris has an interest in personal finance and enjoys practicing martial arts, notably Muay Thai and Brazilian Jiu-Jitsu. This blend of skills highlights Chris's balance of analytical strength and artistic passion.

Over the years, encounters with diverse individuals and intricate life stories have fueled his passion for writing, shedding light on the myriad experiences in the mental health sector. His stories shed light on the diverse experiences of his patients, highlighting the genuine challenges of psychiatric care alongside the resilience they show.

Chris, a devoted family man, often incorporates nuances of fatherhood and the spirited moments with a dynamic canine into his tales. While his writing predominantly touches upon introspective themes, glimpses of his passion for finance occasionally shine through. His work provides strategies for healthcare professionals navigating the challenges of stress and burnout.

With his wife Libby, who shares his nursing background, their young son Jackson, and spirited Australian Shepherd Oakley, Chris embarks continuously on explorations of writing and inspiration. Explore further into his world on his blog, at www.self-care-rx.com. This blog serves as a continuous resource for professionals seeking practical advice on managing stress and achieving a balanced lifestyle.

- You can now pre-order *Self-Care Rx* exclusively on [Amazon.com](https://www.amazon.com).
- Take advantage of the \$0.99 eBook pre-order promotion on December 5.
- The eBook will launch on December 12.
- The paperback release will occur on December 18.

For complete information, visit: <https://self-care-rx.com/>

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