



All the participants in the study describe times that were challenging and some talked about questioning whether they could continue on their courses. Annette had found a particular area really challenging and spoke to her course tutor who advised she should continue with her course and stick to her values.

Rose Tinted Glasses

Stop looking at life through rose tinted glasses

Try being the nurse you want to be

You need to be there

You need to be present

To be the change you want to see

Rise above all the noise, the pressure to be

That nurse just accepting all that they see

That nurse who has lost the ability to care

That nurse who is present but not really there

I heard all the words but still I felt sad

Too many tomorrows.

Would they be just as bad?

It feels overwhelming.

What difference do I make?

Do I keep persevering for someone else's sake?

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