

Endurance ☞ There are two types of endurance skills you need in your career as a nurse: Physical and mental. Nursing keeps you on your feet ☞ literally. Expect constant movement. Keep your body in good physical shape to have the energy and strength to keep going for 8 or even 12 hour shifts. Mental endurance is needed to help you remain focused, determined and dedicated to the care of the patients and families who depend on you.