

# GETTING INVOLVED IN ADVOCACY

1



## Leverage existing contacts.

These contacts can help connect you to key players.

2



## Put yourself out there.

Be bold. Be passionate, energetic, and engaged.

3



## Use your nursing lens, and explain what that means.

Nurses have a valuable perspective of overall health and wellbeing.

4



## Develop relationships.

Reach out to your elected officials, and help them understand what you can offer.

5



## Be open and say yes!

If it feels uncomfortable, that is the perfect time to challenge yourself to become involved.

6



## Show up and volunteer.

Communities need volunteers to function and thrive.

7



## Think like an NPD.

Incorporate opportunities for involvement in policy within educational and professional development offerings.