

# Chart Lyfe LLC: The One-Stop Destination for Health Professionals' Holistic Needs

**BY: SHAUNTEL HOWARD, MSHI, BSN, RN**

As the healthcare industry continues to face significant challenges, from mental health issues to dangerously low retention rates, we ubiquitously contemplate that *there must be another way*.

According to a study by the American Medical Association, more than half of all U.S. physicians report experiencing symptoms of burnout. Nurses and other healthcare workers are also struggling, with extended hours, high stress, and low pay contributing to high turnover rates.

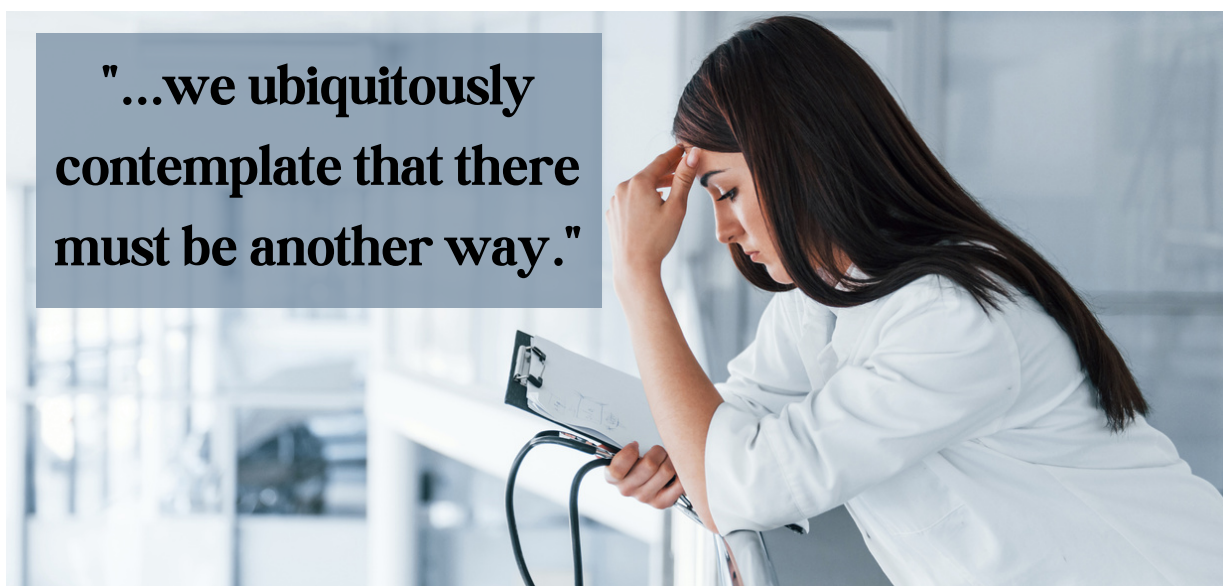
These harmful effects are further compounded by many healthcare professionals leaving the field at unprecedented rates. The Bureau of Labor Statistics projects that nursing will need over one million new nurses by 2029 to keep up with demand.

But as the challenges mount, so do the voices of those calling for change. From strikes and protests to social media campaigns and advocacy groups, healthcare professionals are coming together to demand better working conditions and more significant support.

When I began my journey as a nurse, I quickly realized the importance of mental health resources for health professionals. However, a simple Google search yielded little unless you were a well-known entity, and I knew other valuable services existed and searched social media hashtags to compile a list. It was clear to me then that *there must be another way*. That's when I realized the even greater need for a centralized location where health professionals could find resources and services to meet their unique needs. That's why I founded [Chart Lyfe LLC](#). We provide health professionals with a single destination to find resources for their holistic needs on and off the job.

At [Chart Lyfe](#), we believe that by providing resources and supporting the holistic needs of healthcare professionals, we can help mitigate the burnout crisis and improve retention rates in the industry. [Chart Lyfe](#) is a supportive community that brings together a wide range of resources for health professionals in one convenient location.

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"...the tools and resources you need to thrive on and off the job."

If you're looking for another way, our platform offers tools and services to meet your holistic needs. Our mission is to create a healthier work culture and promote a more harmonious work-life balance for health professionals.

Our resources include:

- **Meditations and Affirmations**: Our video accompaniments help to reduce stress and improve mental well-being.
- **Blogs and Articles**: We cover various topics to meet your diverse needs.
- **Chart Lyfe Podcast**: Listen to honest conversations about challenges and triumphs, as well as news and resources for health professionals. Check out my interview with *Erica D, the NP*, [here](#).
- **Business Directory**: Find resources to meet your holistic needs, including comedy, mental health, and fitness services, among others.
- **Events Calendar**: We're almost ready to launch. Our calendar allows you to search for events based on location, keyword, and more.
- **News Feed**: Stay up-to-date with relevant and current content for health professionals. Also launching soon
- **Shop**: Find the best products to meet your unique needs. Launching soon

At [Chart Lyfe](#), we aim to empower you with the tools and resources you need to thrive on and off the job. I wish you all the best in your journey toward health and well-being, both physically and mentally.

#### Sources:

Berg, MS, S. (2022, September 15). Pandemic pushes U.S. doctor burnout to all-time high of 63%. American Medical Association. <https://www.ama-assn.org/practice-management/physician-health/pandemic-pushes-us-doctor-burnout-all-time-high-63>

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