RN Self-Care Rx

Every day, nurses care for people during some of the most challenging times in their lives.

As a nurse, remember:
Reactions, such as anxiety, stress, or grief are normal.

Feeling excessively stressed is not a sign of weakness.

You deserve compassion—and self-compassion.

Self-care is not an indulgence. It is a strength and protects against burnout.

Everyone reacts to stress differently. You might experience:

- Moral distress
- Sleep disturbance
- Upsetting memories
- Depressed mood
- Grief or shame
- Anxiety

If stress and anxiety persist or interfere with your life, take the next step:

- If available, access the Employee Assistance Program (EAP) at your organization.
- Contact your insurance provider to get coverage information or a provider referral.
- SAMHSA National Helpline: 1-800-662-HELP (4357)
- Crisis Text Line: Text HOME to 741741 or visit www.crisistextline.org

Treatment is effective, and there is hope. Reaching out now will help alleviate long-term mental health issues later. You deserve care!

Sources:

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