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: