

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 **ww.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:

Managing Stress & Self-Care During Covid-19: Information for Nurses. (n.d.). Retrieved from <https://www.apna.org/i4a/pages/index.cfm?pageid=6685>

Solomon, D. (2020, April 13). Practicing the ABCDEs of Self-Care in Pandemic Times. American Journal of Nursing. <https://ajnofthecharts.com/practicing-the-abcdes-of-self-care-in-pandemic-times/>