

Nurses Month 2020: Week 1 - Self Care

[VIDEO TRANSCRIPT – April 30, 2020]

Hi. I'm Lisa Bonsall, clinical editor for Lippincott NursingCenter. This year of the nurse and midwife is different that we could have ever imagined and as we kick off May as Nurses Month, I want to touch base about this week's theme from the American Nurses Association, which is self-care.

As nurses, we work long hours whether on our feet doing direct care; writing budgets, dealing with staffing; traveling to see patients at home; or teaching the next generation of nurses. After work, we also juggle household responsibilities, the family calendar, or maybe a 2nd job or school. Especially now, so many nurses are working under more pressure and more stress, often with limited resources.

Being a nurse is never boring. Many of us thrive on that fact. As the general population is slowing down and staying home, life now is busier for many of you than it's ever been before.

We are so used to caring for others and unfortunately, we tend to ignore our own well-being until there's a problem. So how can you prioritize self-care and nurse the nurse within?

Take advantage of resources that are out there to help – including the HealthNurse/HealthyNation initiative from the American Nurses Association and the Action Collaborative on Clinician Well-Being and Resilience from the National Academy of Medicine. Here at NursingCenter, we've developed My Nursing Care Plan to help you balance meeting your professional requirements, continuing lifelong learning, and prioritizing self-care.

The most important thing is to identify what's most important to you, in *your* life, and remember you don't have to do it all! Find what fills you up, avoid those things that smother or deplete your resources, strive for a good work-life balance, and choose to embrace joy. Joy is a choice, not just a feeling. Start small and go from there!

Happy Nurses Month and Happy Year of the Nurse & Midwife. I am reading your stories and seeing your photos. Please keep sharing them. I couldn't be prouder to be a nurse and I couldn't be prouder of you.