Practice and Promote Self-Care During Nurses Month

There is an inextricable link between nurse and patient health. This week's Nurses Month theme of self-care is a powerful reminder to practice mindfulness as the incredible stress of the pandemic weighs heavily on nurses. The American Academy of Nursing shares insights from three leading experts on ways to promote nurse wellness as a priority to improved public health.

“Healthcare systems need to implement the best evidence-based programs for their nurses and create wonderful wellness cultures.”
- Bernadette Melnyk

“Pause...take a moment to remember the times during the day where your skillful competence, astute assessment, your listening ear, your presence, really made a difference.”
- Cynda H. Rushton

“If we connect with each other during these times, more than we ever have before, we can help protect the mental health of our workforce.”
- Judy E. Davidson
View additional curated resources from the Academy.

View more information on the American Nurses Association's Nurses Month themes.