

SELF-CARE FOR NURSES: Webinars, Tools, Tips & Hotlines

TITLE	ACCESS
<i>American Nurses Association: Self-Help Resources</i>	
<u>ANA's COVID-19 Self-Care Package for Nurses (Free)</u> Includes valuable CNE credit, 24/7 access and valuable tips on: <ul style="list-style-type: none"> ▪ Nursing Ethics: Strategies to Resolve the Top Ethical Dilemmas Nurses Face ▪ Moral Resilience ▪ Dealing with Fatigue: Strategies for Nurse Leaders ▪ Promoting Nurse Self-Care: Emotional and Mental Wellbeing ▪ A Nurse's Guide to Preventing Compassion Fatigue, Moral Distress, and Burnout 	https://www.nursingworld.org/continuing-education/anas-covid-19-self-care-package-for-nurses/
<u>ANA Well-being Initiative: Free Tools/Apps to Support Mental Health and Resilience of All Nurses</u> <ul style="list-style-type: none"> ▪ Moodfit ▪ Happy Ap ▪ A Nursing State of Mind: Who is on Your Team (podcasts) <ul style="list-style-type: none"> ➤ Balancing Work, Life, and COVID 19 (7:30) ➤ Who Has Time for Self-Care (10:28) 	https://www.nursingworld.org/practice-policy/work-environment/health-safety/disaster-preparedness/coronavirus/what-you-need-to-know/the-well-being-initiative/
<u>ANA Webinar: Effective Tools for Practicing Self-Compassion and Self Care in the Time of COVID-19</u>	https://contentsharing.net/actions/email_web_version.cfm?ep=iE7B-qccc0w-0QUGgt3CXr_MyDTIGil0vzVjacA9nxM67kB-LJqXhEvn8VuprCPPmf8r3liiOC8IP9bpVFFxtCM_WWlpNRiVMhRrbrJhVg51vqDCTTZGjUinPvPOWc_S
<i>Support & Hotlines for Immediate Help</i>	
<u>National Suicide Prevention Lifeline (1.800.273.8255)</u>	https://suicidepreventionlifeline.org/
<u>SAMHSA National Helpline (1.800.662.4357)</u> Substance Abuse and Mental Health Services Administration	https://www.samhsa.gov/find-help/national-helpline
<u>SAMHSA Disaster Distress Helpline (1.800.985.5990)</u>	https://www.samhsa.gov/find-help/disaster-distress-helpline
<u>Crisis Text Line – Text HOME to 741741</u>	https://www.crisistextline.org/0
<u>Trauma Recovery Network of Wester WA</u> <ul style="list-style-type: none"> ▪ When the PPE Comes Off 	https://traumarecoverywa.org/wp-content/uploads/2020/04/TRN-Flyer.pdf
<u>Washington COVID-19 Mental Health Network</u>	https://www.wacovid19therapists.com/home?fbclid=IwAR0tzdaVDsJZdDGK0yZF9cWgau4_a3gYKtkj8i4eawe-DN0ZFDqPvDCVQpM

TITLE	ACCESS
Quick Tips	
<u>Managing Stress and Self-Care During COVID-19: Information for Nurses</u> <ul style="list-style-type: none"> ▪ Quick tips for Managing Stress <ul style="list-style-type: none"> ➤ Acknowledge/Understand your Reactions ➤ Be aware and Monitor your Well-Being ➤ Take Time for your Mental Health ➤ Important Reminders for Nurses 	https://www.apna.org/i4a/pages/index.cfm?pageid=6685
<u>Six Tips for Nurses Coping with the COVID-19 Pandemic</u>	https://engage.healthnursehealthnation.org/blogs/8/3617
<u>Holistic Stress Self Care Strategies (Quick tips)</u> <ul style="list-style-type: none"> ▪ Sleep, hydration, nutrition, movement, meditation, aroma therapy and more! 	https://www.ahna.org/Home/Resources/Stress-Management
<u>Taking Care of Yourself in Difficult Times</u>	https://www.aft.org/sites/default/files/covid19_takingcare_032020.pdf
<u>Tips for Dealing with COVID-19</u> (Anxiety and Depression Association of America) <ul style="list-style-type: none"> ▪ Provides a variety of quick tips and resources 	https://www.aft.org/sites/default/files/covid19_mentalhealth.pdf
<u>Navigating a Mental Health Crisis</u>	https://www.nami.org/NAMI/media/NAMI-Media/Infographics/crisis%20guide/INFO-Warning-Signs-of-Crisis-ENG.pdf
<u>7 Ways to Help Prevent Burnout & Compassion Fatigue in Nursing teams</u>	https://www.careerstaff.com/blog/healthcare-leaders/prevent-nurse-burnout-compassion-fatigue-during-covid-19/
<u>5 Tips to Navigate Burnout During the COVID-19 Pandemic</u>	https://www.medbridgeeducation.com/blog/2020/03/5-ways-to-navigate-burnout-during-the-covid-19-pandemic/
Meditation & Mindfulness Activities	
Self-Compassion Break (in the moment)	https://self-compassion.org/exercise-2-self-compassion-break/
Gratitude Journaling (10 minutes once/week)	https://ggia.berkeley.edu/practice/gratitude_journal
Loving Kindness Meditation (15 minutes daily)	
Free Guide to Living with Worry and Anxiety Amidst Global Uncertainty	https://www.psychologytools.com/articles/free-guide-to-living-with-worry-and-anxiety-amidst-global-uncertainty/