Healthy Nurse, Resilient Nurse

Overview
The purpose of this article reviews why nurses are stressed in the workplace and complexity of issues around the lack of support for stress resilience skills for nurses. Some solutions for creating a healthy and resilient nursing profession are offered.

Learning Objectives:
Following this education activity, the participant will be able to:
1. Define stress and identify common sources of stress for working nurses
2. Identify factors that impact the nurse’s ability to manage workplace stress
3. Discuss adverse childhood experiences (ACE) and correlate to typical nurse background
4. Recognize methods holistic nurses can use to be agents of change according to Clark

Contact Hour(s): 1.1

Requirements for Successful Completion
Requirements for successful completion includes: read the entire article, score 70% or better on the posttest, complete the online evaluation form.

Conflict of Interest
The planners and faculty have declared no conflicts of interest related to this activity.

Commercial Support
There is no commercial support or sponsorship for this activity

Expiration Date of Contact Hours
Posttest must be completed on or before May 31, 2021

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