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FOR IMMEDIATE RELEASE:

AHNA Releases Holistic Nursing Self-Care Strategies

The American Holistic Nurses Association (AHNA) pledges to continue to support healthcare providers through the COVID-19 pandemic. AHNA is aware that the elements that registered nurses typically use to stay healthy, may be inaccessible during this state of emergency. In response, we have created an evidence-based guide of Holistic Nursing Self-Care Strategies. These simple techniques are designed to sustain the body’s immune system, even when self-care is a brief moment.

“Time is scarce and intentional self-care is challenging; Holistic Nursing Self-Care Strategies are vital in our need for significant and effortless replenishment,” said AHNA President Barry Gallison DNP, MS, APRN-BC, NEA-BC, CPHQ, AHN-BC.

Holistic Nursing Self-Care Strategies outlines eight practices for rejuvenation during stressful shifts: hydration, nutrition, movement, self-affirmation, meditation, aromatherapy, breathwork, and sleep. This resource is in an easy PDF format for downloading with AHNA’s stress management resources, at https://www.ahna.org/Home/Resources/Stress-Management.

About AHNA

Founded in 1981, the American Holistic Nurses Association (AHNA) adopted as its primary mission, the advancement of holistic healthcare by increasing awareness and promoting education, as well as personal community-building among nurses, other healthcare professionals and the public. This nonprofit professional nursing specialty organization is the definitive voice for holistic nursing for registered nurses and other holistic healthcare professionals around the world. Holistic nursing focuses on integrating traditional, complementary and alternative treatment opportunities to improve the mind body and spiritual health of the whole person.

AHNA delivers valuable resources, improves educational tools, and offers superior networking opportunities to a vibrant and expanding universe of holistic healthcare professionals. AHNA currently
services more than 5,500 members through 152 local chapters/networks in the U.S. and abroad. Holistic nursing is recognized by the American Nurses Association as an official nursing specialty with both a defined scope and standards of practice.

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