



Employee Assistance Program

National Nurses Week

Take Care of Yourself While You Care for Everyone Else

Nursing is meaningful work. It is also emotionally, physically and mentally demanding. Sustaining your well-being is not a luxury. It is part of safe, effective patient care.

During National Nurses Week, take a moment to check in with yourself.

Recognize Signs of Burnout

Burnout often develops gradually.

Common indicators include:

- Emotional exhaustion or feeling “numb”
- Increased irritability or reduced patience
- Difficulty recovering after shifts
- Sleep disruption or chronic fatigue
- Reduced sense of purpose or accomplishment
- Physical symptoms such as headaches or tension

If these experiences feel familiar, support can help.

Self-care Strategies for Shift-based Work

Make microrecovery a priority: Even brief moments of rest, hydration or quiet can help regulate stress responses.

Protect sleep as clinical recovery: Sleep is not simply rest, it supports cognitive function, emotional regulation and clinical performance.

Use structured decompression after difficult shifts: Simple routines such as a short walk, breathing practice, brief meditation or transition rituals can help signal a nervous system reset.

Stay connected to meaning: Reflecting on patient impact or team contribution can help sustain motivation during demanding periods.

Seek support early: Confidential conversations with a counselor can provide perspective and practical coping strategies.

Call 800.550.6248 or Visit [MCIT.AllOneHealth.com](https://www.MCIT.AllOneHealth.com)
Schedule no-cost, confidential counseling for personal concerns

Employees and their dependents have access to counseling services statewide through their employment with an MCIT public entity member.