

Strengthening Your Well-Being

Nearly 10,000 nurses were asked about activities in which they engaged to strengthen their well-being. There were significant correlations between those who reported to be emotionally healthy and a few specific wellness activities. Awareness of these activities may help support other nurses in strengthening their well-being.



MORE THAN
2X
MORE LIKELY TO

MAINTAIN A HEALTHY DIET



2X
MORE LIKELY TO

RECEIVE ACCURATE INFORMATION ABOUT COVID-19



NEARLY
2X
MORE LIKELY TO

UTILIZE RELIGIOUS COMMUNITY OR SPIRITUAL DIRECTION



1.5X
MORE LIKELY TO

PRACTICE OR RECEIVE EXPRESSIONS OF GRATITUDE



1.5X
MORE LIKELY TO

ENGAGE IN REGULAR EXERCISE



1.4X
MORE LIKELY TO

ENGAGE IN MINDFULNESS OR MEDITATION PRACTICES

American Nurses Foundation, Pulse on the Nation's Nurses COVID-19 Survey Series: Mental Health and Wellness Survey 3, September 2021

Find support to strengthen your emotional health with resources available from the [Well-Being Initiative](#) and [Healthy Nurse, Healthy Nation](#). All resources are free and open to all.