The average Purdue Global military student is awarded 54% of the credits needed for an associate's and 45% of the credits needed for a bachelor's. Most Commonly Searched: Most Commonly Searched: Over the years, nurses have expressed their substantial risk for workplace stress. During the pandemic, 70% of the nurses surveyed by HealthyNurse® said they put the health, safety, and wellness of their patients before their own. Unsurprisingly, during the pandemic, large numbers of nurses reported feeling down, sad, and depressed. By focusing on self-care for nurses and paying closer attention to their mental health, there’s hope to improve this situation. After all, according to the mission set forth by Healthy Nurse, Healthy Nation (HNHN)—a program of the American Nurses Association (ANA)—the way to improve the nation’s health is ”one nurse at a time.” Self-care is any deliberate activity that we engage in to improve our physical, mental, or spiritual well-being. It is important for workers in every field, but especially for nurses, who spend their working hours caring for others. Self-care reduces stress, replenishes a nurse’s capacity to provide compassion and empathy, and helps improve quality of care. It’s also recommended by the ANA in its Code of Ethics. Proper self-care practices for nurses have become especially important in recent years. In one survey of nurses conducted at the peak of COVID-19, 80% reported that they were suffering mental health effects because of the pandemic, and 60% said their physical health was being affected as well. Post-pandemic, nurses’ mental health remains a concern. “Nursing can be a traumatic field to work in,” says Wendy Mason, PhD, faculty member in the School of Nursing at Purdue Global. “Nurses are exposed to pain and suffering and trauma. We are often traumatized and do not even realize it. Self-care is actually a responsibility that we have, as you can see in the Code of Ethics. If we aren't caring for ourselves, we can't care for others.” This article examines why self-care is so important for nurses, how to develop a plan for self-care, and what nurse managers can do to promote self-care among their team members. The fifth provision of the American Nurses Association’s Code of Ethics states that the moral respect that nurses extend to all human beings should extend to themselves as well. These duties include the responsibility to: Self-care is a way to reduce the stress that comes with nursing. Mason says, “The analogy I use for my students is, ‘Think of yourself as a bank account. You can keep spending, but if you don't turn around and put something back in, you're going to end up in a serious deficit.’ That leads to burnout.” Empathy and compassion are critical components of a nurse’s care. The more taxed a nurse is, the more likely that their capacity to provide these will suffer.