average Purdue Global military student awarded 54 credits needed associate 's 45 credits needed bachelor 's Commonly Searched Commonly Searched years nurses expressed substantial risk workplace stress pandemic 70 nurses surveyed HealthyNurse® said put health safety wellness patients Unsurprisingly pandemic large numbers nurses reported feeling sad depressed focusing self-care nurses paying closer attention mental health ’ hope improve situation according mission set forth Healthy Nurse Healthy Nation HNHN —a program American Nurses Association ANA —the way improve nation ’ health ” one nurse time. ” Self-care deliberate activity engage improve physical mental spiritual well-being important workers every field especially nurses spend working hours caring others Self-care reduces stress replenishes nurse ’ capacity provide compassion empathy helps improve quality care ’ also recommended ANA Code Ethics Proper self-care practices nurses become especially important recent years one survey nurses conducted peak COVID-19 80 reported suffering mental health effects pandemic 60 said physical health affected well Post-pandemic nurses ’ mental health remains concern “ Nursing traumatic field work ” says Wendy Mason PhD faculty member School Nursing Purdue Global “ Nurses exposed pain suffering trauma often traumatized even realize Self-care actually responsibility see Code Ethics n't caring ca n't care others. ” article examines self-care important nurses develop plan self-care nurse managers promote self-care among team members fifth provision American Nurses Association ’ Code Ethics states moral respect nurses extend human beings extend well duties include responsibility Self-care way reduce stress comes nursing Mason says “ analogy use students ‘ Think bank account keep spending n't turn around put something back 're going end serious deficit. ’ leads burnout. ” Empathy compassion critical components nurse ’ care taxed nurse likely capacity provide suffer