**“Your passion for our patients’ health is appreciated every day. Thank you for all you do.”**

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**The WISPAN board of directors would like to thank all WISPAN members, perianesthesia nurses and followers of Nursing Network for your dedication in the nursing profession. Nurses have had to deal with some recent challenges in their work environment along with changes at home. Thanks for your dedication to the nursing profession.**

**Promoting and Supporting Nurse Resiliency Related to COVID-19 during Nurses Week**

**A group of eight Wisconsin state nursing associations including, WISPAN have come together to discuss the impact of the COVID-19 virus pandemic on Wisconsin’s nursing workforce. The WNA COVID-19 Nursing Organizational Affiliate member representatives identified key concerns of nurses that include lack of PPE, testing supplies, increase cases of COVID, family needs and safety as the some of the factors contributing to stress and the challenges to respond effectively.**

**In response to the amount of stress that nurses are experiencing, the Organizational Affiliates decided to collectively address the issue of nurse resiliency. The associations are meeting weekly to develop an implementation strategy to support nurses in regaining their resiliency. This will remain important as projections indicate that the COVID-19 virus will be cycling throughout the state over the next two-plus years.**

**Over the next few months members will be receiving information regarding ways to assess and improve their personal resiliency. The information exchange will be found on-line as articles, webinars, podcasts, and live chats on topics of self-care, professional development and workplace health and wellness.**

**We are pleased to share our current listing of resiliency-building tools that you can use and share. We do not want to work in a silo, so please share any tools or resources that you believe will be of value to your colleagues.**

**The Wisconsin Nurses Association and Organizational Affiliates wish you Happy Nurses Month!**

**The members of the COVID-19 Organizational Affiliates are:**

**Southeastern WI/ Northeastern IL Area Holistic Nurses Chapter**

**Association of Women's Health, Obstetric and Neonatal Nurses (AWHONN)**

**Wisconsin Organization of Nurse Leaders (WOLN)**

**WI-International Association of Forensic Nurses WI**

**Wisconsin Center for Nursing (WCN)**

**Wisconsin Nurses Association (WNA)**

**Administrators of Nursing Education in Wisconsin (ANEW)**

**Wisconsin Society of Perianesthesia Nurses (WISPAN)**

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| **Nurse Resiliency Resources** | | | | |
| **Brief Description** | **Presentation Format** | **Estimated Time to Review** | **Pub Date** | **Location** |
| **Self-care Package. ANA -This is a pre-recorded webinar is to provide information about mental health conditions that may affect nurses.  Emphasis will be on strategies to identify and intervene and include Nurse PTSD, depression, stress, suicide and anxiety disorders.** | **On-demand webinar** | **One - hour with CE** | **2020** | [**https://www.nursingworld.org/continuing-education/anas-covid-19-self-care-package-for-nurses/**](https://www.nursingworld.org/continuing-education/anas-covid-19-self-care-package-for-nurses/) |
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| **Resiliency in Times of Crisis: Resources for Employees. We have put together a ‘Resiliency Care Package’ for you. We encourage you to view a ‘Resiliency Pause’ daily and forward to anyone you feel may benefit, to start their day.** | **Live Webinar and live presentations** | **One-hour to multiple sessions** | **2020** | [**https://www.capstoneleadership.net/about-us/**](https://www.capstoneleadership.net/about-us/) |
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| **Strategies for Caring for the Nurse: Self care. ASPAN offers S** | **Handout** | **5-10 minutes to review recommendations** | **2020** | [**https://www.aspan.org/Portals/6/docs/COVID19/1\_Strategies\_Caring\_Nurse\_Self\_Care.pdf?ver=2020-03-26-082757-640**](https://www.aspan.org/Portals/6/docs/COVID19/1_Strategies_Caring_Nurse_Self_Care.pdf?ver=2020-03-26-082757-640) |
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| **Moral Distress in Times of Crisis -AACN Position Statement: AACN Position Statement. Provides recommendations for employers and the individual nurse** | **Handout** | **5 - 10 minutes. Great references** | **2020** | [**https://www.aacn.org/~/media/aacn-website/policy-and-advocacy/stat-20\_position-statement\_moral-distress.pdf**](https://www.aacn.org/~/media/aacn-website/policy-and-advocacy/stat-20_position-statement_moral-distress.pdf) |
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| **Breath work for Resilience and other tips American Holistic Nurses Association’s Holistic Stress Management:** | **Webpage** | **10-15 - great references** | **2020** | [**https://www.ahna.org/Portals/66/Docs/Resources/Stress%20Management/AHNA%20Stress%20Management%20PDF.pdf?ver=2017-11-20-143351-890**](https://www.ahna.org/Portals/66/Docs/Resources/Stress%20Management/AHNA%20Stress%20Management%20PDF.pdf?ver=2017-11-20-143351-890) |
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| **Strategies to Support the Health and Well-being of Clinicians During the COVID Outbreak. Includes strategies for leaders, managers and clinicians. National Academy of Medicine** | **Webpage and PowerPoint** | **Overview 10 minutes** | **2020** | [**https://nam.edu/initiatives/clinician-resilience-and-well-being/clinician-well-being-strategies-during-covid-19/**](https://nam.edu/initiatives/clinician-resilience-and-well-being/clinician-well-being-strategies-during-covid-19/) |
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| **Six Tips For Nurses Coping With The COVID-19 Pandemic, ANA Healthy Nurse** | **Blog** | **Overview 5 minutes** | **2020** | [**https://engage.healthynursehealthynation.org/blogs/8/3617**](https://engage.healthynursehealthynation.org/blogs/8/3617) |
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| **Nine dimensions of wellness - ANA** | **Article** | **5 minutes** | **Jan-18** | [**https://www.myamericannurse.com/wp-content/uploads/2018/01/ant1-Wellness-1218.pdf**](https://www.myamericannurse.com/wp-content/uploads/2018/01/ant1-Wellness-1218.pdf) |
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| **Headspace: You’re here for them, we’re here for you.. Offering all US healthcare professionals who work in public health settings free access to Headspace Plus Meditation/Mindfulness through 2020.** | **App** | **3 - 20 minutes** | **Mar-20** | [**https://www.headspace.com/health-covid-19**](https://www.headspace.com/health-covid-19) |
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| **TalkSpace: offering free online therapy for healthcare professionals who register with a work badge and/or NPI after downloading the app (Google Play or App Store). Once certified, healthcare professionals gain access to a free month of the Unlimited Messaging Plus plan.** | **One-on-one live conversation** | **Unsure** | **Mar-20** | [**https://www.talkspace.com/**](https://www.talkspace.com/) |
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| **Center for the Study of Traumatic Stress COVID-19 Pandemic response. Resources provides resources for professionals, families, leaders, training programs, publications and infographics on self-care during the pandemic.** | **Fact sheets/handouts** | **5 - 10 minutes per each** | **Mar-20** | [**https://www.cstsonline.org/resources/resource-master-list/coronavirus-and-emerging-infectious-disease-outbreaks-response**](https://www.cstsonline.org/resources/resource-master-list/coronavirus-and-emerging-infectious-disease-outbreaks-response) |
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| **For The Frontlines Crisis Hotline: text FRONTLINE to 741741 for immediate chat support and free crisis counseling for health care professionals and essential workers. Offers support to deal with anxiety, fear, isolation, or other difficult emotions you may be experiencing during the COVID-19 pandemic.** | **Text Support** | **Insure** | **Mar-20** | [**https://www.forthefrontlines.org/**](https://www.forthefrontlines.org/) |
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| **Mental Health Toolkit for healthcare professionals. University of Kansas Medical Center provides links to free meditation apps and mental wellness self-care tips.** | **Articles and Apps** | **5 - 30 minutes** | **Mar-20** | [**https://guides.library.kumc.edu/mentalhealthtoolkit**](https://guides.library.kumc.edu/mentalhealthtoolkit) |