



Mental Health & Wellness

Kelsey Colonka



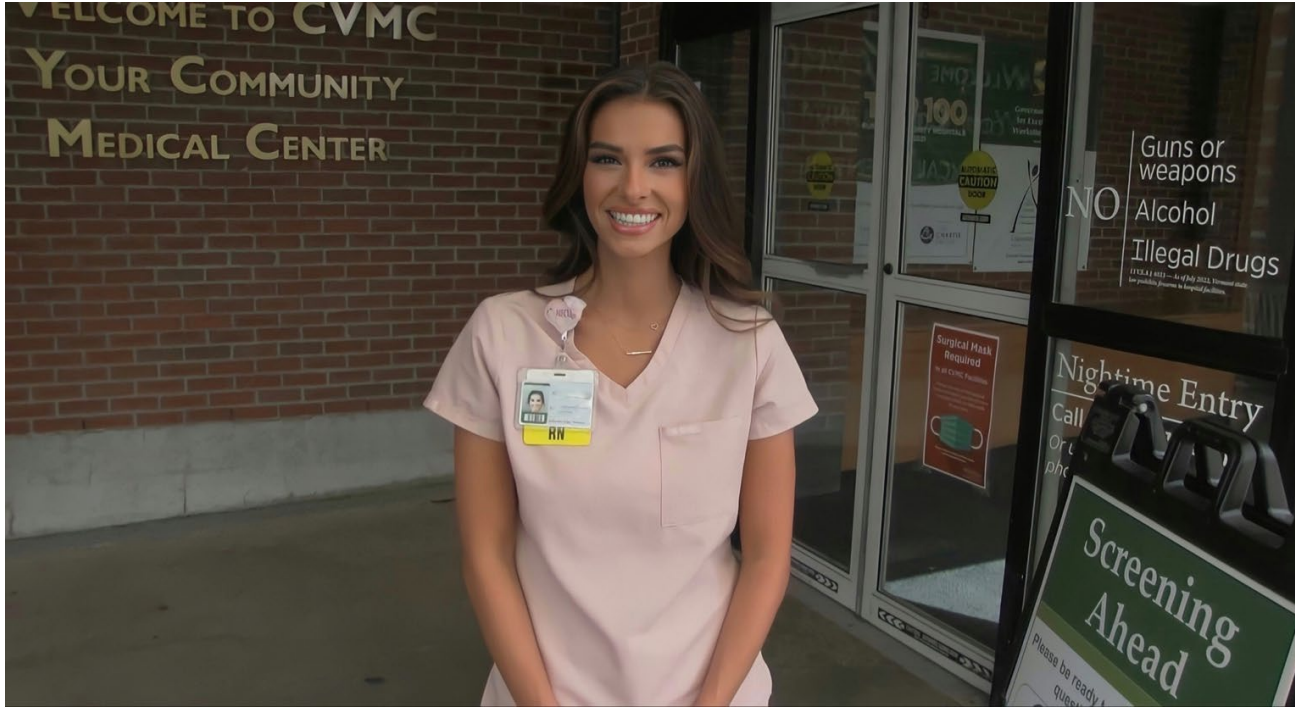
Kelsey Golonka BS



Miss Vermont USA2022



Why Nursing?

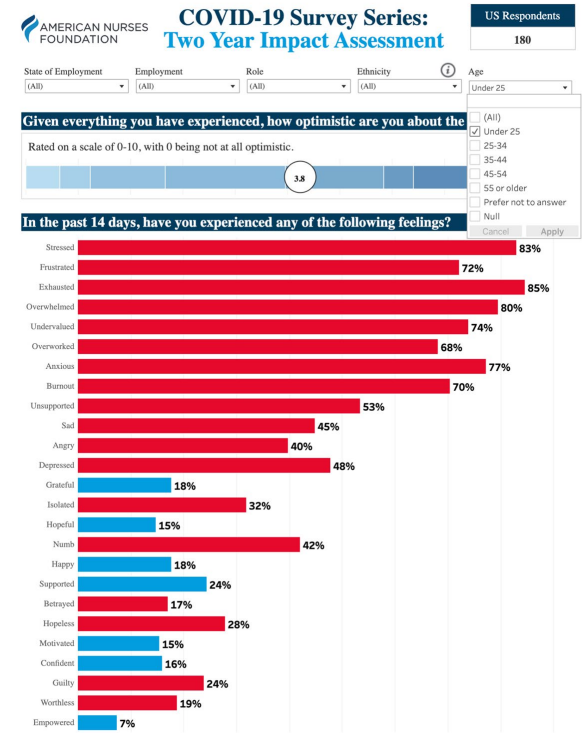
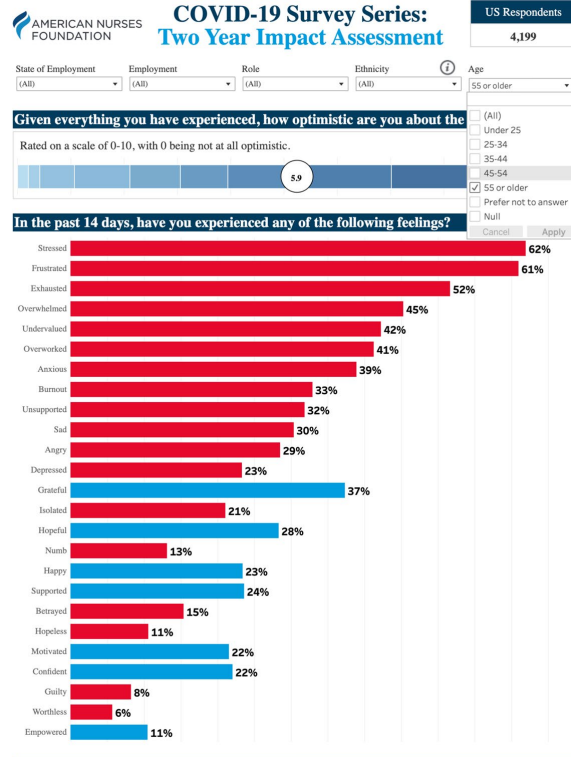
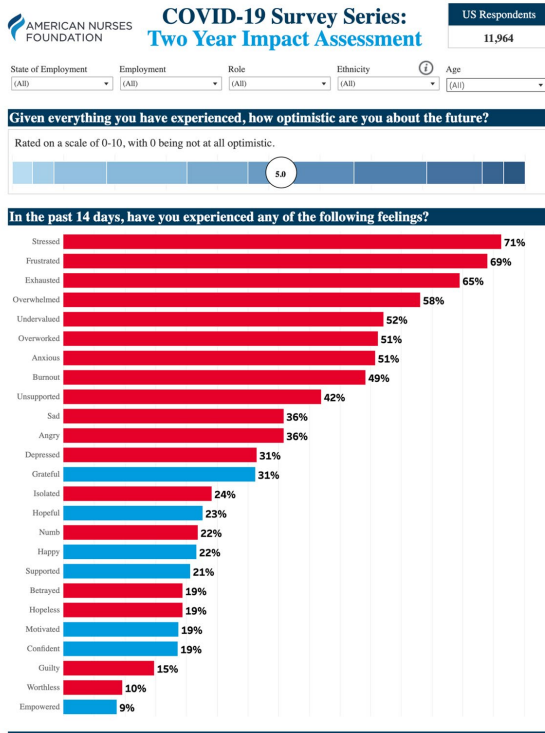


Nursing Burnout

For Young Nurses

- American Nurses Foundation found that the younger and less experienced nurses are more likely to experience negative impacts following the COVID-19 Pandemic.

How is this Impacting Younger Nurses?



COVID-19 Impact Assessment Survey - The Second Year

What Worked For



How Can You Help Yourself?

- Food
- Sleep
- Exercise
- Surrounding yourself with people you love

PRIORITIZE YOU!

Things I wish someone told me sooner

It's OKAY to not be okay

Try and not take work home with you

Talk to a therapist → many hospitals have individuals you can utilize and peer support groups.

If it isn't working it is OKAY to take a step back and reevaluate.

Graduation, NCLEX, & your First JOB



“Everything you've ever wanted is sitting on the other side of fear.”