

## RNconnectIA

#RNConnect Positive affirmations and mantras (repetitive phrases) can help you get through tough days. Here are 10 to use daily. <u>Click here.</u>

#RNConnect Transitioning from work to home? Use these tips to decompress, relax, and "shift your mental gears." <u>Click here.</u>

## RN CONNECT

## Twice weekly messages for self-care & well-being tips!

This program allows you to easily integrate well-being into your day by receiving tips on how to de-stress, strengthen your mind and take care of yourself. These messages will connect you to resources such as counseling, easy self-care activities and opportunities to connect with other nurses facing the same challenges as you.

Text RNconnectIA to 60298 Msg & data rates may apply