

# Recommendations for Nurse Wellbeing

Protecting the wellbeing of nurses is everybody's job. Though we know every person plays a role in their own health, the National Academy of Medicine's latest report emphasizes systemic causes of problems like burnout and calls on specific groups to support nurse wellbeing.

*Here are just a few ways we can help nurses thrive...*



## Employers:

*Design mechanisms for nurses to report unsafe working conditions, bullying, mental health challenges, and discrimination without fear of retaliation.*



## Educational institutions:

*Integrate principles of nurse wellbeing through the entire student experience.*



## Nursing organizations:

*Educate members on key concepts such as compassion fatigue, psychological safety, and building an antiracist culture.*



## Policymakers:

*Extend reforms implemented during the COVID-19 pandemic to relieve administrative and technological burdens on nurses.*

*"COVID-19 has served as an inflection point for giving nurses' wellbeing the attention it deserves and for restructuring systems, organizations, and policies to promote their physical, mental, moral, and social health." [Learn more.](#)*

*Source: The Future of Nursing 2020-2030: Charting a Path to Achieve Health Equity*



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