



SAN DIEGO STATE
UNIVERSITY

School of Nursing

Wellness Resources



Message from SDSU School of Nursing Wellness Task Force:

We know how challenging it can be to develop healthy coping strategies for the stressors of life, especially when balancing regular life with the work of nursing. These skills do not develop spontaneously--it takes effort and practice to learn the things that work for you and the sooner you start, the more prepared you will be for future challenges. Explore the ideas on this page, get involved with the SDSU Student Nurse Association or join the Wellness Task Force, and let us know about new strategies you find so we can add them here. It takes a village to protect each other mentally and emotionally as we care for others.

ANA DEFINITION OF A HEALTHY NURSE

“One who actively focuses on creating and maintaining a balance and synergy of physical, intellectual, emotional, social, spiritual, financial, personal, and professional wellbeing.”



Resources for Nurses

The American Nurses Association (ANA) published a website of evidence-based strategies for practicing nurses to prevent nurse suicide and promote healthy coping and lifestyle strategies for nurses.

[ANA Healthy Nurse Healthy Nation](#)

[Nurse Suicide Prevention/Resilience](#)

SDSU Student Nurse Association

[SDSU SNA Instagram page](#): Stay connected with your fellow students and receive weekly messages to support your emotional wellbeing

Student Nurse Health and Well-being

State You Podcast [State YOU](#)

TED Talk - "How to practice emotional first aid"

<https://www.youtube.com/watch?v=F2hc2FLOdhI>

TED Talk - "The Secret of Becoming Mentally Strong"

<https://www.youtube.com/watch?v=TFbv757kup4>

TED Talk - "The Power of Vulnerability"

https://www.ted.com/talks/brene_brown_the_power_of_vulnerability?language=en

10 Minute Meditation for Anxiety

<https://www.youtube.com/watch?v=O-6f5wQXSu8>

Mental Health America has lots of DIY resources on their website!

<https://screening.mhanational.org/diy>

Exercise:

[Alltrails.com](https://www.alltrails.com) (also an app) lists hikes across the world with detailed information about length, difficulty, and ratings from others who have hiked the trails.

Work out from home

<https://www.goodhousekeeping.com/health/fitness/g33326349/best-youtube-workouts/>
(list of popular YouTube fitness channels based on type of fitness)

Podcasts:

Meditation Minis by Chel Hamilton

Unlocking Us by Brene Brown

Sleep with Me by Dearest Scooter and Night Vale (for those that have trouble falling asleep)



Helping Someone Else

[Helping a Friend | Student Affairs | SDSU](#)

Checking in on friends:

[Just Checking In: 10 Minutes, 10 Questions](#)

Brene Brown on Empathy

<https://www.youtube.com/watch?v=1Evwgu369Jw&feature=youtu.be>

Risky Substance Use

[Alcohol eCHECKUP TO GO | Student Affairs | SDSU](#)

[Marijuana eCHECKUP TO GO | Student Affairs | SDSU](#)

Getting Help

[Counseling and Psychological Services | Talk with a Therapist | Student Affairs | SDSU](#)

Additional options:

Call the National Suicide Prevention Lifeline: 1 800-273-TALK.
Call 911 immediately.
Contact your health care provider now.

Sometimes sending a text is easier than making a phone call:

[**Crisis Text Line | Text HOME To 741741 free, 24/7 Crisis Counseling**](#)
Text HOME to 741741

