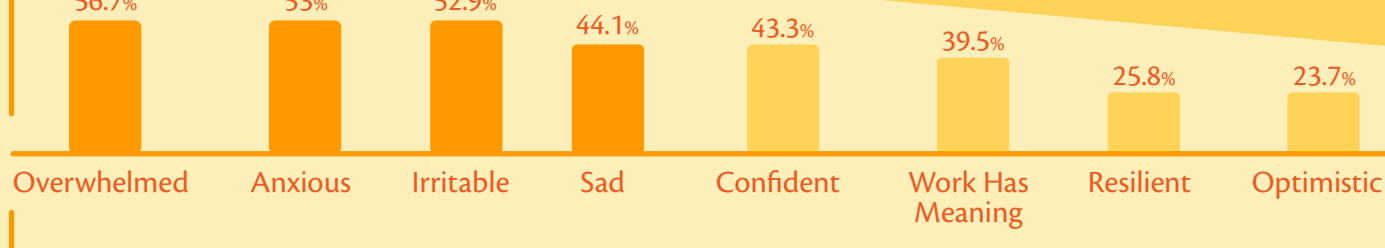


# Critical Care Nurse Well-Being in the Time of COVID-19

To better support nurses during COVID-19, the American Nurses Foundation, in partnership with AACN and other nursing organizations, conducted a mental health and well-being survey in June 2020 as part of its Pulse on the Nation's Nurses: A COVID-19 Survey Series. Results shown are based on responses from 1,360 participants who identified as intensive/critical care nurses.

## How Have You Felt in the Past 14 Days?



In the midst of the pandemic, ICU nurses noted increases in the following over the past two weeks:



Difficulty Sleeping



Relationship Difficulty



Poor Appetite



Use of Alcohol

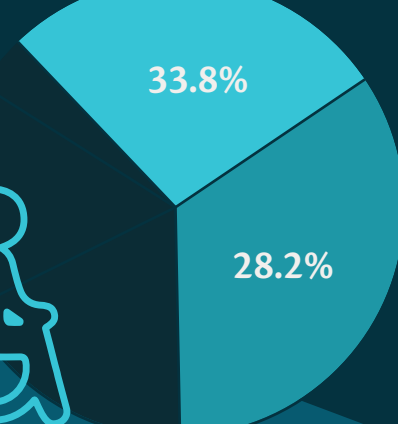


Overeating

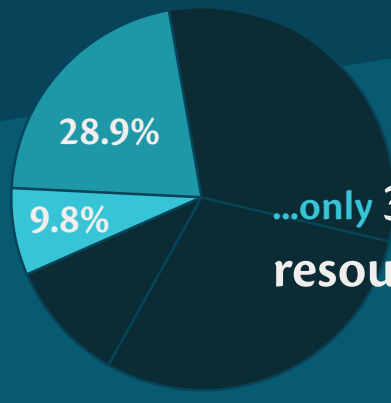
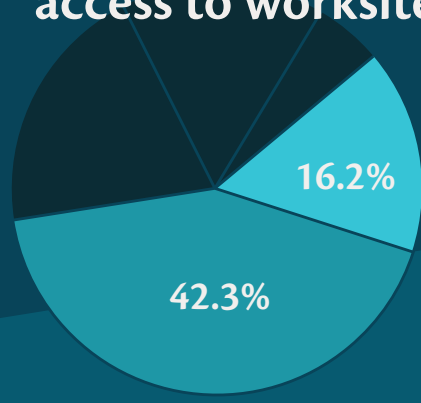
If you are struggling with your mental or physical health, you are not alone and there are resources to help. The **Well-Being Initiative** offers a diverse range of strategies to help you feel supported.

## Why Is It Hard for Nurses to Address Their Own Well-Being?

More than half of ICU nurses agree or strongly agree that they put patients ahead of self.

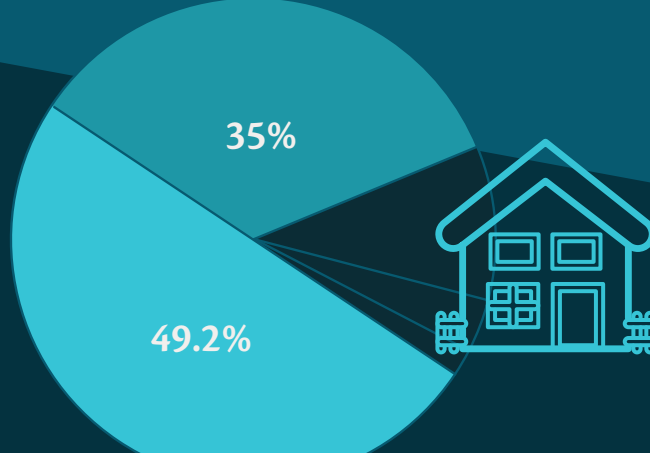


While 58.5% agree or strongly agree that they have access to worksite wellness/health resources...



...only 38.7% trust the resources available.

Most ICU nurses find support at home. (84.2% agree or strongly agree)



## Top 5 Ways Nurses are Working to Strengthen Their Well-Being



Regular Exercise



Spending Quality Time With Family/Friends



Leisure/Entertainment



Time in Nature



Talking With Colleagues

Do any of these strategies sound like they might help you? If not, are there other ways you can strengthen your well-being?

Respondents noted that they hope to engage in certain activities to address well-being including:



Nurse well-being is crucial to patient care. If you are experiencing negative emotions, there may be ways to feel better. Use the strategies that work for you and know there are resources to help.

Visit [www.aacn.org/well-being](http://www.aacn.org/well-being) to learn more about free resources and tools to help support your mental health and well-being.