

Summary of National Nurses Associations Offering Resources Supporting Nurse Well-Being
 Information collected & reported by Linda Rose Underwood, BSN Senior Nursing Student, UW-Madison. May 5,2024.

Association Name	Well-being info Yes/No	What topics are offered:	How are the topics delivered
www.nursingworld.org/foundation/programs/	yes	stress, burnout, mindfulness, gratitude, increasing confidence, better sleep, mental health support, grief and coping.	infographics, self-assessment surveys, online quizzes, app referrals, podcasts, links to further resources, peer connections.
Academy of Medical-Surgical Nurses	yes	supporting nurses self care, how to increase your energy as a busy nurse, nurses well-being.	recorded webinars, podcast episodes, blogs.
American Academy of Ambulatory Care Nursing	yes	strategies for preventing burnout and promoting well-being.	online library, virtual purchasing.
American Association of Colleges of Nursing	yes	nurses well-being (clinician and student), resilience, suicide prevention, mindfulness, self care.	online toolkit, recorded conference videos.
American Association of Critical-Care Nurses	yes	imposter syndrome, suicide, gratitude and self-care practices, creating joy in challenging times, healthy work environment.	continuing education courses, online articles with tips and resources, peer-to-peer calls.
American Association of Neuroscience Nurses *	no	n/a	n/a
American Association of Nurse Anesthesiology	no	n/a	n/a
American Cannabis Nurses Association	no	n/a	n/a
American Holistic Nurses Association	yes	organizational strategies to promote nurse well-being, holistic personal practice strategies to promote nurse well-being, meditation for emotional well-being, self-care, and resilience, mental health holistic approaches.	promoting nurse health well-being toolkit (available in both English and Spanish), articles, journal club, nurse networking calls.
American Nephrology Nurses' Association	no	n/a	n/a

American Pediatric Surgical Nurses Association	no	n/a	n/a
American Psychiatric Nurses Association *	yes	nurse suicide prevention/resilience, gratitude practices for nurses, self-care tips, compassion fatigue, secondary traumatic stress.	library collection of resources for self-care with links to websites and further resources.
American Society of PeriAnesthesia Nurses	yes	strategies for perianesthesia nurses to improve well-being and their work environment.	Caring for the Caregivers publication that can be ordered online and shipped to you.
Association for Nursing Professional Development	yes	clinician well-being , self-care, burnout, moral distress, resilience, hope.	webinars, articles, continuing education courses-self-care bundle.
Association of Nurses in AIDS Care	yes	self-care, mindfulness, exercise, well-being, support.	webinar, after-work checklist, health and wellness resources guide.
Association of Pediatric Hematology/Oncology Nurses	yes	boundaries and self-care, emotional and physical resilience, burnout, PTSD.	online course, podcasts, book suggestions, self-care resources webpage, APHON self-care member community.
Association of periOperative Registered Nurses *	yes	avoiding burnout, improving morale, coping with stress.	blog posts.
Association of Rehabilitation Nurses	yes	ways rehabilitation nurses can maintain a healthy well-being.	website article.
Association of Women's Health, Obstetric & Neonatal Nurses	yes	mental health promotion, well-being.	self-care toolkit webinar.
Chi Eta Phi Sorority, Incorporated	no	n/a	n/a
Dermatology Nurses' Association	no	n/a	n/a
Emergency Nurses Association	no	n/a	n/a
Health Ministries Association	yes	mediation, self-care, finding calm and inner peace.	links to other resources- Youtube videos and AHNA resources.
Hospice and Palliative Nurses Association	yes	processing grief, self-awareness, resilience, burnout, compassion fatigue, secondary traumatic stress.	cultivating self-awareness and resiliency and processing grief online guides.
International Association of Forensic Nurses	no	n/a	

International Nurses Society on Addictions	yes	self-love, self-care, breathing, meditation, physical, mental, and emotional health.	virtual self-care room on website.
National Association of Clinical Nurse Specialists	yes	managing moral distress.	website article.
National Association of Indian Nurses of America	no	n/a	n/a
National Association of Neonatal Nurses	yes	burnout, imposter syndrome, mental well-being.	E-news subscription articles.
National Association of Nurse Practitioners in Women's Health	yes	transitioning, support during career development.	webinar.
National Association of School Nurses	yes	permission to feel feelings, self-care, managing emotions.	podcast.
Nurses Organization of Veterans Affairs	yes	self-care strategies for nurses during their work days and on their days off.	blog posts.
Oncology Nursing Society	yes	personal and system-level approaches to well-being, resiliency, facilitating intentional conversations, reflection.	podcasts, learning library, online courses.
Organization for Associate Degree Nursing	no	n/a	n/a
Orthodox Jewish Nurses Association	no	n/a	n/a
Philippine Nurses Association of America	yes	self-care.	self-care package for nurses online course.
Preventive Cardiovascular Nurses Association	yes	managing burnout, self-care, nutrition ideas, coping with posttraumatic stress.	website articles, online course.
Wound, Ostomy, Continence Nurses Society	yes	well-being, growth, support.	blog posts, WOCNEXT in person convention.