Abstract: Why You Should Take Care of You Before Me

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Aim: Educating nursing students on how to regularly evaluate their personal wellness and develop tools of resilience and self-awareness to better care for current and future patients.

Problem Statement: Research shows nursing students are at high level-risk for the development of mental disorders and workplace errors due to sleep deprivation, burnout, stigma, and a lack of mental health support.

Approach: With the aid of case studies, students will learn how to spot early symptoms of burnout, depression, and anxiety, and will be taught coping mechanisms to increase their self-awareness and resilience.

Discussion: It is strongly recommended that nursing students be given the tools necessary to love and support themselves to manage stress and personal wellness better so that they can care for patients without error.

Conclusions: Nursing students must be equipped with self-awareness tools and encouraged to take care of their mental and emotional wellbeing to successfully and thoroughly give their patients the proper care required without error.



About the Author: After recovering from a severe bout with a mental illness, Holly noted the distinct silence on the topic as well as the lack of global understanding. She founded U!Shine Vienna in the hopes of bringing the subject of mental illness to the forefront of conversation to raise awareness, create community, encourage resilience, and roll out a welcome mat of unconditional acceptance.

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