



# MAY 2022

## UTAH SNA NEWSLETTER



### Monthly Update:

This month our USNA board is hard at work planning the 2023 convention. If you are interested in being a sponsor or have some ideas of who would like to hear speak at our breakout sessions, please send an email to [communicationsdirector@utahstudentnurse.org](mailto:communicationsdirector@utahstudentnurse.org). This convention is focused on you! We would love to hear from you. Love, your USNA board

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<http://www.utahstudentnurse.org/>

# Mental Health in Nursing



• In the field of nursing, mental health is one of the most important topics. Nurses everywhere face anxiety, depression, and burnout. It's important to focus on solutions in order to promote wellness in all aspects of life for nurses.

## Here are some strategies to help with burnout and mental health as a nurse:

- Don't Wait for a Day off for Self-Care
- Find a physical activity that you enjoy
- Seek out counseling/therapy
- Take some short breaks during your shift to decompress and calm down
- Prioritize getting enough sleep
- Find a nursing job that you love, even if it means switching jobs
- Spend time outside each day, either walking, gardening, or enjoying a nice hike
- Ask for help and delegate when possible

Help is always available.  
National Suicide Prevention Hotline  
(800) 273-8255

<http://www.utahstudentnurse.org/>

# Nursing Tips



During the summer, it is easy to forget about nursing school, medication names, and nursing skills in general. How can we keep our minds on nursing even while we are on break? Let's hear what the board recommends!

- This summer, I've been doing daily NCLEX questions and observing situations to remember nursing diagnoses and skills that I may have forgotten. -Skylee, USNA Secretary



- My nursing school classes continue during the summer. My biggest tip is to stay organized and schedule some "you" time regularly. Mental health has to be a priority during summer semesters. -Regina, USNA Breakthrough to Nursing Director

- I spend my days driving for work during the summer. I listen to the Simple Nursing podcast during my drives in order to review topics and listen to discussions about current nursing issues. I find the podcast really helpful to refresh my memory on complicated nursing topics. -Jaden, USNA Convention Director II



- Keep a schedule during the summer so that the adjustment to nursing school is easier once school rolls around again! Also, review lab values and the nursing topics that you struggled with by doing 5-20 practice questions each day. =AmyRay, SNA Region 1 Director

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