



TNAA Guide to Mental Health Resources for Nurses

Working as a travel nurse is rewarding but can lead to burnout. This guide offers TNAA's mental health resources to help you manage stress and stay healthy.



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Understanding Burnout

Burnout affects many healthcare professionals. A 2023 survey found that 56% of nurses show symptoms of burnout. Recognizing burnout is key to addressing it.



Signs of Burnout

- Fatigue
- Dread about work
- Feeling overworked
- Feeling underappreciated
- Insomnia
- Anxiety or depression
- Tension
- Apathy



Tips to Prevent and Overcome Burnout

Prioritize Sleep and Rest

- Sleep: Aim for 8+ hours each night.
- Rest: Take breaks and practice mindfulness activities like yoga or meditation.



Use Mental Health Apps

- Happy App: Free for nurses. Call (833) 327-0262 or text ANA to (858) 367-3001.
- Other Apps: Calm and Headspace offer guided programs for relaxation and stress relief.

Create Focus Blocks

- Set aside time for important tasks to reduce stress and free up time for enjoyable activities.

Scale Back

- Personal Life: Use services like grocery delivery and take breaks from social media.
- Work: Consider longer breaks between assignments or fewer extra shifts.





Build Your Support Network

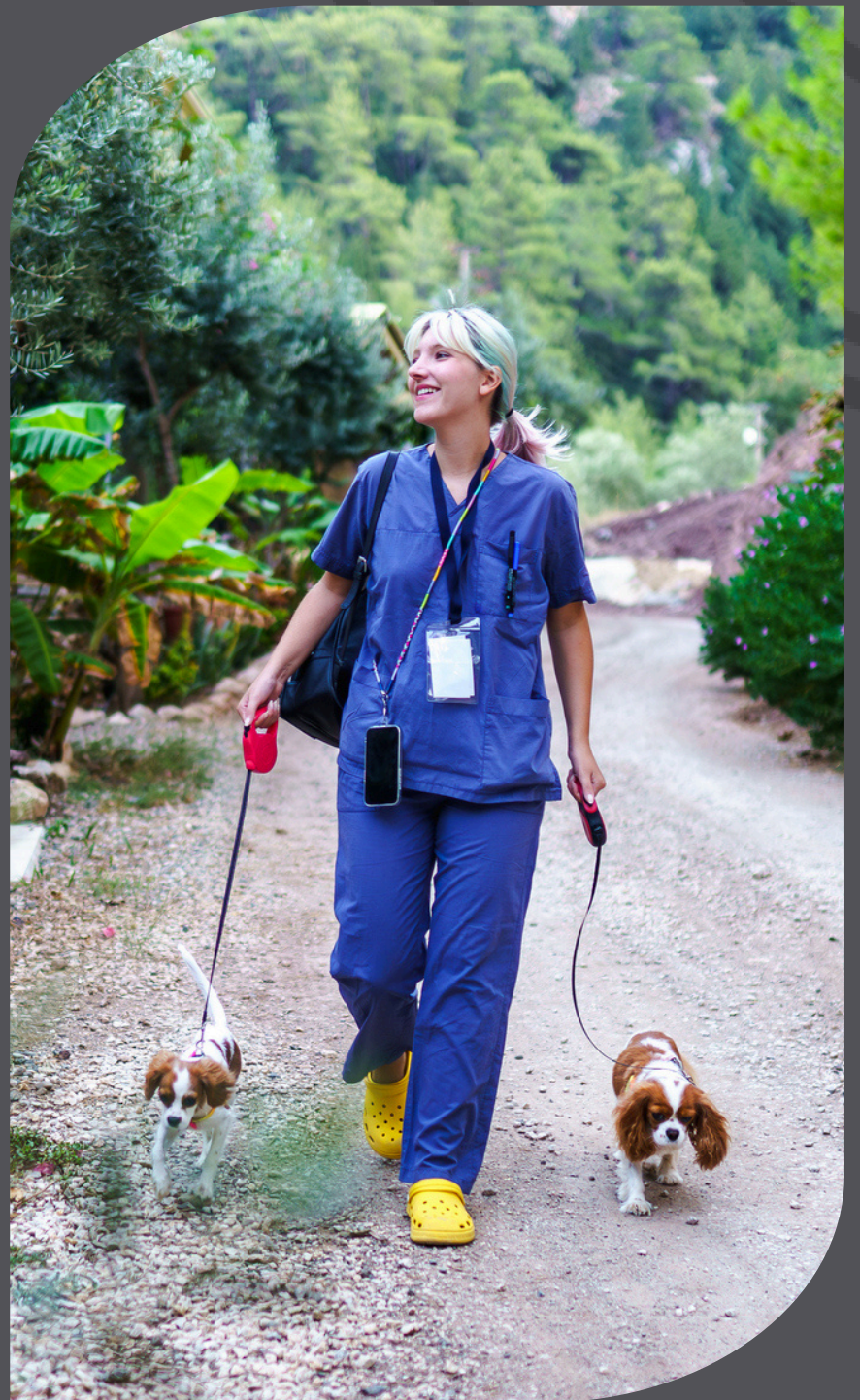
- Stay connected with friends and family through regular calls. Join online groups for support.

Explore Your City

- Take advantage of your travels by exploring new places to improve your mood and reduce stress.

Seek Professional Help

- Employee Assistance Program (EAP): Free for TNAA travelers and their household members. Offers six free therapy sessions per event per year.
- Cigna Resources (for TNAA insurance holders):
 - MDLIVE: Non-emergency counseling or psychiatric services.
 - Talkspace: Licensed therapy via app.
 - Happify: Games and activities for stress reduction.





Celebrating Mental Health Awareness Month

Taking care of yourself ensures you can provide the best care for your patients. For more information, visit [TNAA's traveler benefits page](#) or contact your recruiter or benefits specialist.