

Emotional Well-Being:

A Nurses Week Salute to N.J. Nurses Helping Nurses

Empathy and compassion are two of the key qualities that nurses bring to their profession. That has never been more evident than during the COVID-19 pandemic as nurses supported not just their patients, but each other as well. For Nurses Week 2021, we're highlighting some of the nurses who have joined New Jersey Nursing Initiatives and NJHA in peer-support resources.

Meet some of the nurses engaged in peer support



“**Lynn Osborn and Betty Danquah-Asare, St. Francis Medical Center**

“Nursing is my way of giving back to my community,” says Lynn Osborn, RN, of St. Francis Medical Center. Her St. Francis colleague Betty Danquah-Asare, RN, echoes that commitment: “Being a nurse means treating your patients and colleagues with respect, kindness, dignity and compassion.”

The two nurses completed Stress First Aid training together and now take the lessons back to share with co-workers. *“Having programs like Stress First Aid provides us with additional tools and resources to help ourselves and our colleagues recognize stress and take time to restore balance in our lives,”* said Lynn. The program has been a *“life-saver for me and my colleagues,”* added Betty, who said it provides practical skills to manage stressors both at home and on the job.



“**Kelly Briggs, Hackensack Meridian Health**

As network administrative director of integrative health and medicine at Hackensack Meridian Health Kelly Briggs, MBA, RN, brings a holistic view to health. She knows that wellness is about both mind and body, so she joined with other nurses in the Stress First Aid training to support her colleagues. *“The program shares holistic and proactive approaches to managing stress, building resilience, promoting self-care and facilitating healing. At Hackensack Meridian Health, we remain focused on providing our incredible nursing team with the emotional support and resources needed to empower them and help enhance their overall well-being,”* she says.



“**Marthe Leveille, University Hospital**

Just as nurses need personal protective equipment to protect themselves from COVID-19, they also need *“emotional and psychological PPE,”* said nurse Marthe Leveille, RN, of University Hospital in Newark. *“Stress First Aid is an essential program geared to strengthen the personal resilience and emotional well-being of healthcare providers in general, but of nurses particularly.”*

For Marthe, that commitment to caring exemplifies nursing as both a career and a calling. *“Being a nurse is more than a title, it says something about who you are as a person and a professional. As a nurse I can be an advocate, a mentor, a teacher, a change agent, a counselor, and a problem solver.”*



“**Stacey Mazza, AtlantiCare Regional Medical Center**

To be a nurse is to put others before yourself. *“We often spend more time with our coworkers than we do with our own families,”* says Stacey Mazza, RN, an ER nurse at AtlantiCare Regional Medical Center. *“Supporting and caring for each other, and all of our colleagues, is important to our overall wellbeing, and it enhances our teamwork in caring for our community.”*

“We are an extension of your family and are always here to care for and comfort you – from holding your hand in the hospital to doing everything we can to keep you healthy and out of the hospital!”

For more information on Emotional Well-Being for N.J. Nurses, visit www.njha.com/nurse-emotional-wellbeing