



*spend time with loved ones*

*join a community*

#### 4 SOCIAL WELL-BEING

Forming relationships with each other, creating bonds, and forging connections are necessary skills in order to achieve social well-being, which greatly impacts our mental and physical health not only as individuals, but in the larger sense of community as well.

#### 5 OCCUPATIONAL WELL-BEING

Occupational well-being encompasses coping strategies to combat workplace stressors and burnout and promotes a healthy work-life balance. Failure to prioritize occupational well-being may negatively impact the quality and safety of patient care, potentially increasing medical errors and hospital-acquired infections.

#### 6 SPIRITUAL/CULTURAL WELL-BEING

Spiritual well-being is often overlooked, but it contributes greatly to other dimensions of wellness, such as our social well-being. Spiritual wellness may be different for different people but can encompass factors such as prayer, gratitude, connection, mindfulness, forgiveness, meaning, and purpose.



*practice gratitude*

*Prioritizing  
well-being  
for RRNAs*

**AANA**

# CLINICAL COORDINATOR TOOLKIT SUMMARY



**AANA** American Association of  
NURSE ANESTHESIOLOGY

**DIGITAL TOOLKIT** with resource links  
Download the PDF with the QR code





**This toolkit helps Clinical Coordinators support RNAs in prioritizing well-being** during their education and careers, focusing on six key areas:

- 1 Physical
- 2 Emotional
- 3 Intellectual
- 4 Social
- 5 Occupational
- 6 Spiritual

## DIGITAL TOOLKIT

Within the downloadable version of the toolkit, you can access specific AANA and external resources and recommendations to assist you in promoting holistic well-being for your residents.



## 1 PHYSICAL WELL-BEING

The physical component of health is vital to our existence so that we meet our bodies' basic physical demands such as nutrition, activity, and sleep.

### SLEEP

Essential for both provider well-being and patient safety.

### PHYSICAL ACTIVITY

Improves mental health and cognitive function.

### NUTRITION

Promotes health and reduces chronic illness risk.



*plan healthy food options*

*explore new hobbies*



## 2 MENTAL/EMOTIONAL WELL-BEING

The emotional and mental components of health are essential to our well-being and impact every aspect of our lives, such as overall quality of life, relationships, work productivity, and physical health.

**For substance use disorder concerns, contact the AANA Helpline at 800-654-5167. For the National Suicide & Crisis Lifeline, dial or text 988.**



*participate in brain exercises*

## 3 INTELLECTUAL WELL-BEING

Focusing on the RNA's intellectual well-being fosters lifelong learning, creativity, and critical thinking, enhancing their personal growth and overall well-being. strategies.

