

# **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

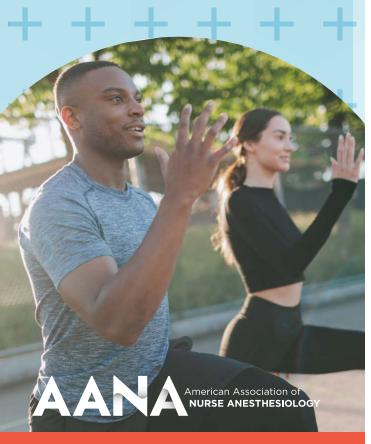
Occupational well-being encompasses coping strategies to combat workplace stressors and burnout and promotes a healthy work-life balance. Failure to prioritize occupational well-being may negatively impact the quality and safety of patient care, potentially increasing medical errors and hospital-acquired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



# AANA CLINICAL COORDINATOR TOOLKIT SUMMARY



**DIGITAL TOOLKIT** with resource links

Download the PDF with the QR code





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

- Physical
- 2 Emotional
- 3 Intellectual
- 4 Social
- 6 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.





# 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 RRNA's intellectual well-being fosters lifelong learning, creativity, and critical thinking, enhancing their personal growth and overall well-being. strategies.

