

Well-Being



For CRNAs & SRNAs

SESSION 8: Sleep, Stress, Anxiety and Your Health

10 PART SERIES

AANA
AMERICAN ASSOCIATION OF NURSE ANESTHETISTS

**SUPPORT
THE FRONT**

CLAIM YOUR CE CREDIT

Registered attendees of this live session will receive an email in the week after with a link to an evaluation to submit for 1.00 Class A CE credit. To earn CE for this session, ANCC rules require you to watch the webinar — not simply call in — to get an evaluation to submit for CE.

The recording of this session will be posted to
aana.com/hweducation

Questions? Email
wellness@aana.com

Learner Outcome:

Understand and apply healthy coping strategies to mitigate stress and support mental well-being.

Cristine P. Kurtz, DNP, RN, PMHCNS-BC



Dr. Kurtz is a Psychiatric Mental Health Clinical Nurse Specialist at the Parkdale Center for Professional's providing psychiatric evaluation, psychotropic medication management, and cognitive behavioral therapy for individuals with addiction. Christine received her DNP from Valparaiso University and her Masters of Science degree with a focus in Psychiatric Mental Health Nursing from Rush University. She served as a Practitioner/Faculty with Rush University and currently an assistant professor of nursing at Valparaiso University. She has worked in the area of psychiatric nursing since 1988 and is certified as an Adult Psychiatric/Mental Health Clinical Nurse Specialist through the American Nurses Credentialing Center. Dr. Kurtz is also a long-time member of the American Psychiatric Nurses Association.

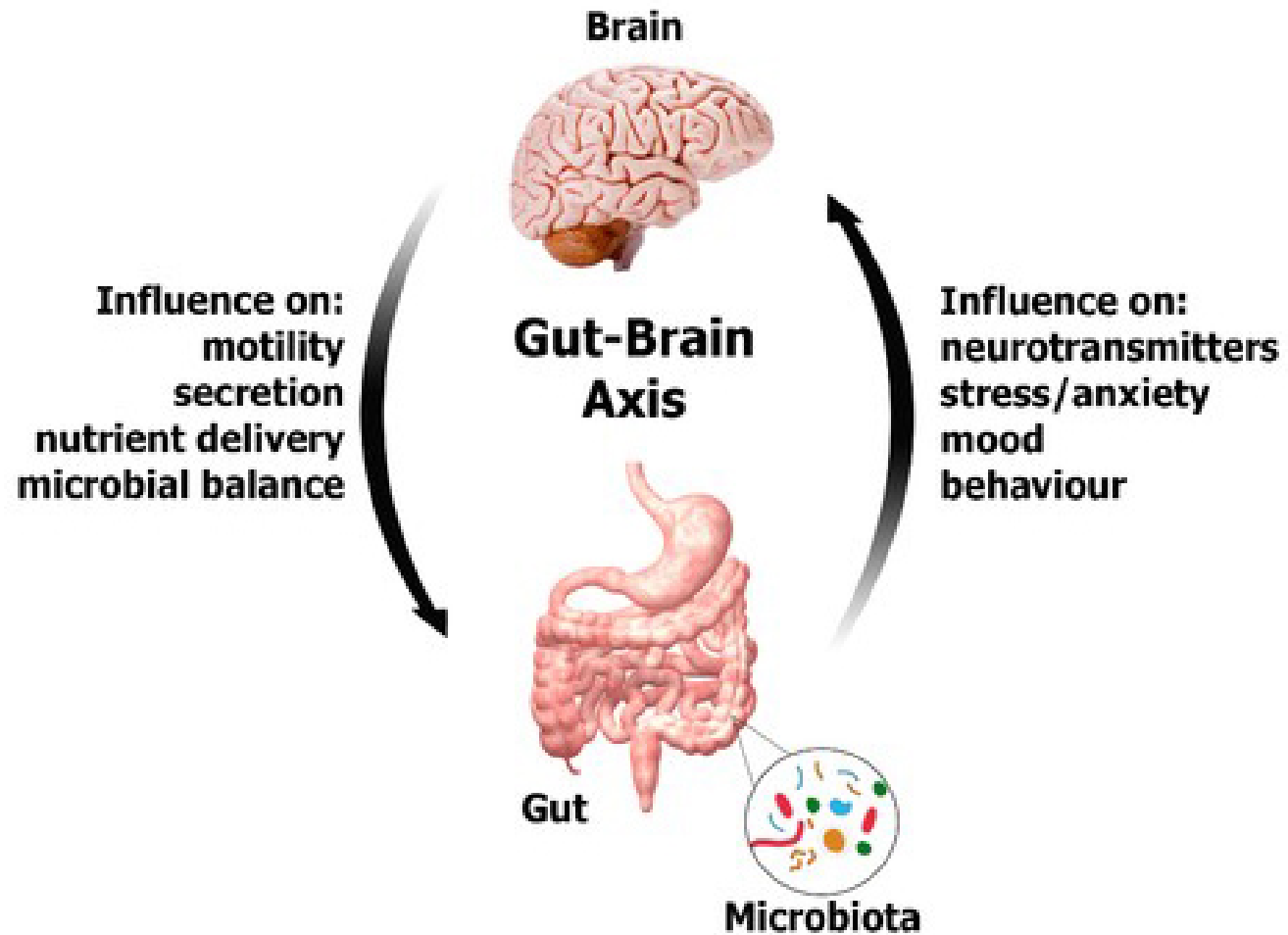
Rodrigo Garcia, MBA, MSN, APN-BC, CRNA



Rigo has extensive experience in the field of addiction, treatment, management, advocacy, and recovery of the highly-accountable professional. He has educated thousands of families, state employees, individuals, employers, and professional organizations on the needs and treatment of addicted professionals. Rodrigo is sought out for his engaging and powerful speaking presentations geared towards bringing to light the "silent epidemic" of addiction. As the Parkdale Executive Program director, he is responsible for providing residents with the most effective, comprehensive, and progressive treatment program possible.



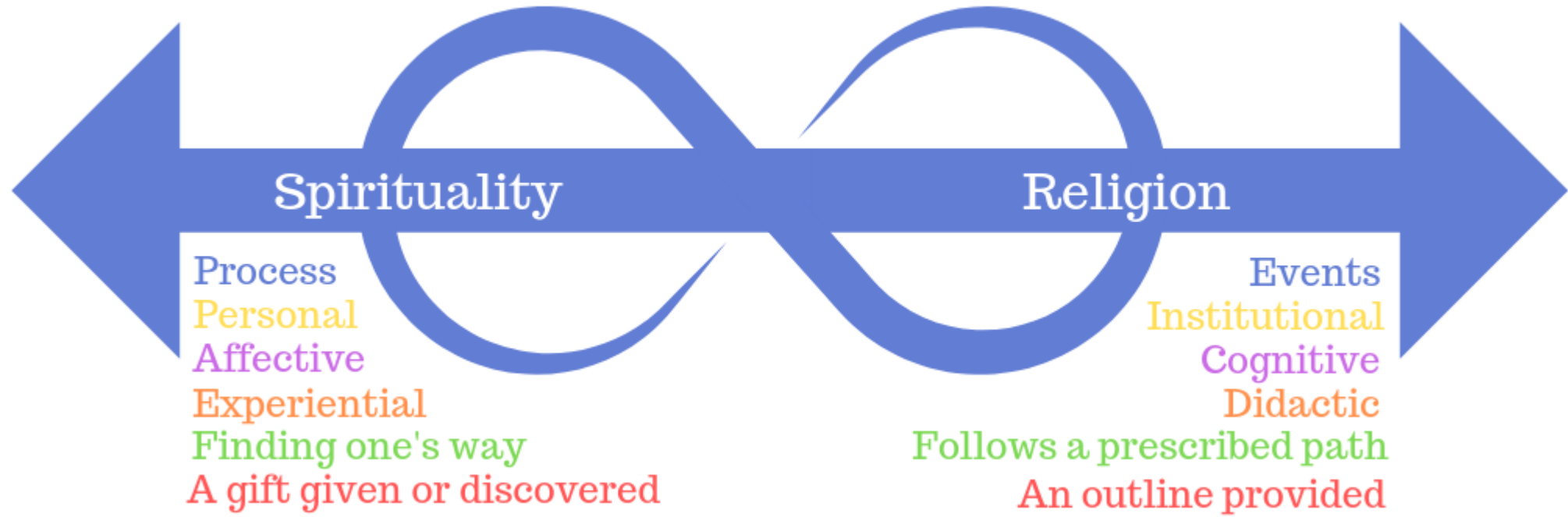
- **Nutrition and Your Second Brain**
- **Movement and Health**
- **Social Connections**
- **A Spiritual Awakening**
- **Science of Sleep**



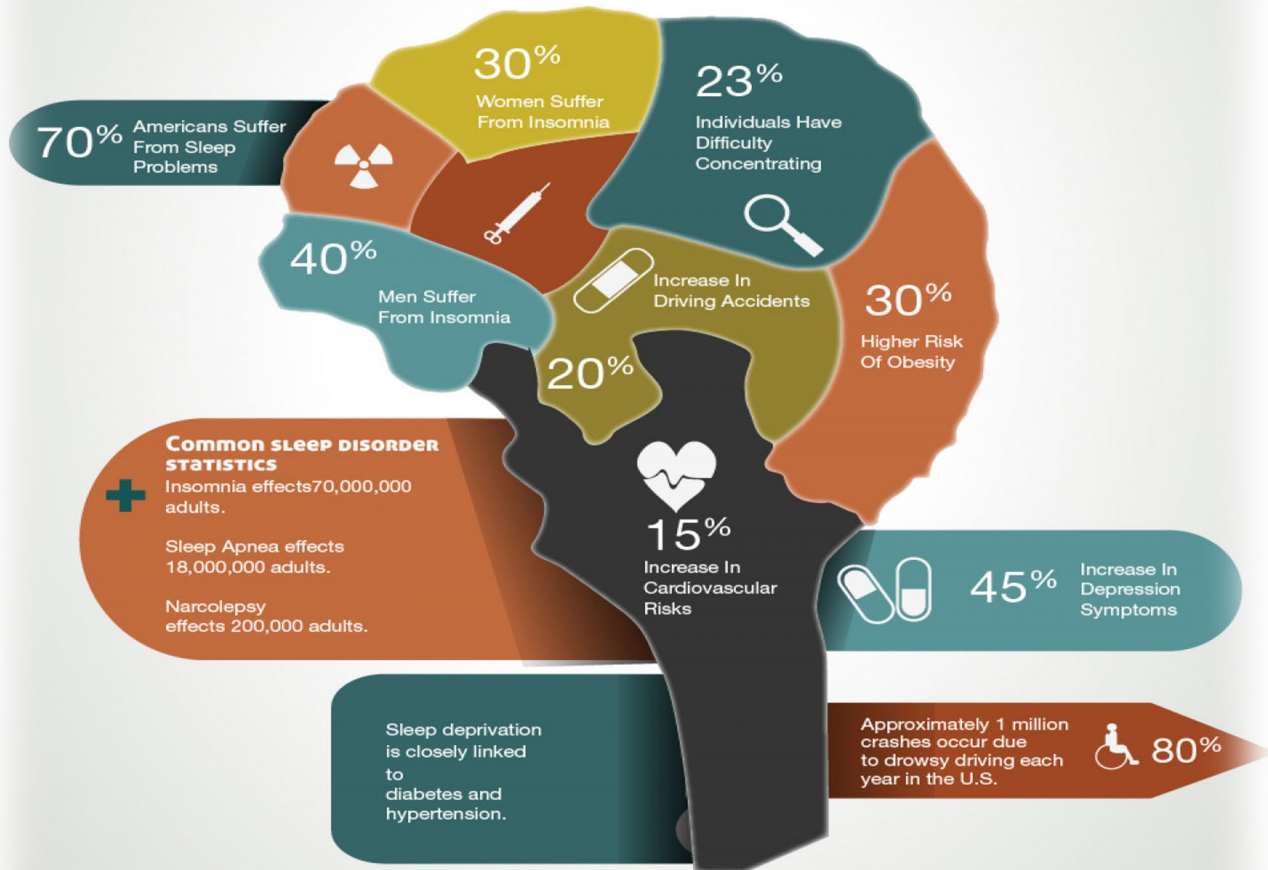


'The opposite of addiction isn't sobriety – it's connection'

**Johan Hari, Author
*Chasing the Scream***



Sleep Deprivation Facts & Dangers



70% of Americans Receive Sub-Optimal Sleep

- Increased Comorbidities
- Decreased Concentration
- Increased Depression
- Increased Appetite / Obesity
- Increased Accidents / Errors



WELL-BEING FOR CRNAS & SRNAS

Make rest a priority.

- Develop habits to prepare for sleep
- Avoid hunger or fullness
- Nap and exercise, but in moderation

aana.com/fatigue

www.AANA.com/COVIDWellness

Dealing with Stress



Seek stress relief to practice mental and physical wellness now to mitigate illness later.

[View Resources >](#)

Peer Support



Learn some simple ways you can support your colleagues through conversations.

[View Resources >](#)

Ask for Help



The When, Where, and How for Mental Health Needs

[View Resources >](#)

Support The Front

Free COVID-19 Virtual Support Groups for all Healthcare Professionals

Help mitigate coronavirus stress - join a moderated free virtual support group to share information among peers on dealing with trauma, stress, burn-out, recovery, and how to maintain self-care during tumultuous times.



INFOGRAPHIC



COVID-19 and Your Well-being

More info on COVID-19 well-being and emotional well-being

aana.com/covidwellness

aana.com/mentalwellbeing

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Questions, please email wellness@aana.com



PEER ASSISTANCE

-HELPLINE-

(800) 654-5167

If you or someone you know struggles with drugs or alcohol, help is available.

[AANAPeerAssistance.com](https://www.aanapeerassistance.com)

Well-Being

For CRNAs & SRNAs

Session 9: Leadership in Action, CRNAs on the Frontlines

Sunday 4/25 at 9am CT | 1.00 Class A CE

Held during AANA Mid-Year Assembly Program

Visit SupportTheFront.com
for upcoming sessions and links to join.

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