

MNA Support & Self Care Resources for Members



MNA has secured multiple resources chosen to help you during these unprecedented, challenging times. Please check our website periodically as we continue to add new resources.

First access the MNA's COVID-19 Support and Self Care webpage:
[MNA Support and Self Care for Nurses](#)

Among the resources you will find information and links to include:

- Three resource options for individual support/counseling sessions
- Looking for self-care motivation? Join *Wishroute's FREE* Staying Mindful, Moving, and Motivated text message-based wellness accountability program for self-care inspiration and support
- Recommendations under the: "Mindfulness Meditation" section to help calm, manage and relieve some of the stress everyone is experiencing during these challenging times
- Ideas for journaling the experiences and feelings you are encountering during the pandemic
- A Comprehensive Resource Guide on Resiliency for Nurses
- The MNA Volunteer Peer Assistance Program: "Help for Nurses with Substance Use Disorder"

Also, *Corporate Counseling Associates, Inc.* has been offering MNA members an interactive webinar, "Emotional First Aide: Strategies for Maintaining Your Wellness" via the internet or by phone. The sessions last one hour. Dates, times, a link and phone number for these webinars will be advertised on the MNA Facebook page.