

## **Community café**

I have actually picked up several concepts that will help me excel in nursing school. Setting aside time for exercise, breathing deeply with the 4-7-8 technique to ease tension, and using the Body Scan meditation technique to help me cope with stress

Additionally, honesty, integrity, respect, and ethical behavior are highly valued in nursing. Also, being truthful and accepting responsibility for mistakes and errors done by oneself in particular might help the organization retrain personnel to prevent making the same or similar mistakes.

In order for care to be patient-centered, the patient must be involved in making plans for it. The nurse must give kind, well-coordinated care that shows respect for the patient's needs, values, and decisions. Also, while giving good care, the nurse should be aware of the patient's beliefs and preferences.