

NR 451 Week 3 Discussion: Resilience and Change

Change is part of our daily healthcare environment. Clinical nursing judgments based on quality and safety, as well as protocols and standards, reflect our patient-centered care values.

- What steps could you take to develop more resilience in your practice setting?
- How might you communicate a change in practice to patients and nursing peers?

Hi everyone!

I believe that many people are unaware that resilience is an important factor in maintaining a healthy balance between work and mental health. Resilience is commonly defined as the ability to adapt constructively in the face of stress and adversity, to recover from these challenges, and to gain strength from them. Professional conduct now requires nurses to demonstrate resilience. Nurses must be emotionally intelligent and resilient people who can manage their own health and well-being and know when and how to seek help. "Resilient thinking involves recognizing unhelpful ways of thinking, as well as having