



ANA  ENTERPRISE

HEALTHYNURSE HEALTHYNATION™

SOCIAL MEDIA PACKET
www.hnhn.org



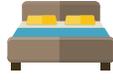
Made possible in part by the generosity of of the following.



INTRODUCTION



Physical Activity



Rest



Nutrition



Quality of Life



Safety

Through social media, we can continue to raise awareness about our shared goal to improve the health of nurses. Below you'll find some suggested posts and graphics about Healthy Nurse, Healthy Nation™ and each of the health domains.

Please feel free to use these and post any other great health information you have for nurses, using **#HealthyNurse** and **#FitNurseFriday!**

GRAPHICS

In the content below, you will see suggested graphics to use with particular social media posts. If you find one you like, you can download the high res version.

FACEBOOK

Grand Challenge:



Physical Activity



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Thousands of nurses have joined the movement. What are you waiting for? Improve your health with us! www.hnhn.org

Look at all these great commitments made by nurses <https://engage.healthynursehealthynation.org/commitments>. We commit to supporting nurses like you in a quest for better health!

We are a proud partner of Healthy Nurse, Healthy Nation™! Any organization supporting nurses can be part of this initiative. Is your workplace a partner? If not, ask them to join! <http://www.healthynursehealthynation.org/en/partners/our-partners/>



Share your health goals with other nurses who get it. Let's support one another!
#HealthyNurse www.hnhn.org



Join Healthy Nurse, Healthy Nation™ for tips, strategies, and inspiration to help get healthy – and inspire others to do the same! Take the **#HealthyNurse** Challenge! www.hnhn.org

FACEBOOK

Quality of Life:



Looking for one step you can take to become a **#HealthyNurse**? How about cultivating mindfulness? <https://engage.healthynursehealthynation.org/blogs/8/677>

You don't have to be perfect to be healthy! Here are tips for getting over a slip-up. <https://engage.healthynursehealthynation.org/blogs/8/493> **#HealthyNurse**

Tame technology, get organized, spend time outdoors...what do these things have in common? They're all ways to get happy! Get more tips at <https://engage.healthynursehealthynation.org/blogs/8/377> **#HealthyNurse**



Cultivating gratitude is shown to reduce stress! What are you grateful for? **#HealthyNurse**

FACEBOOK

Nutrition:



**WHAT'S YOUR
BEST HEALTHY
BREAKFAST?**



Start your day off as a **#Healthy Nurse** with these breakfast ideas:
<https://engage.healthynursehealthynation.org/blogs/4/170>

Need lunch ideas this week? Try out some of these ideas:
<https://engage.healthynursehealthynation.org/blogs/4/16>
#HealthyNurse

Is your diet up to the task of helping you reduce stress?
If not, here are the nutrients you need: <http://bit.ly/2zbrr2Y>
#HealthyNurse



Only 16% of us are getting enough fruits and vegetables, but there are lots of easy ways to boost your intake. Which one of these tips will you try? **#HealthyNurse**
<https://engage.healthynursehealthynation.org/blogs/4/145>

FACEBOOK

Physical Activity:



We know nurses never have enough time, so you have to get creative fitting in that physical activity. Fortunately, there are some great ways to do it! <https://engage.healthynursehealthynation.org/blogs/7/23>
#HealthyNurse

Don't fall victim to these exercise myths! <https://engage.healthynursehealthynation.org/blogs/7/494> **#HealthyNurse**

Get inspired by the active nurses in our Healthy Nurse, Healthy Nation Facebook group and join the fun! <https://www.facebook.com/groups/healthynursehealthynation> **#HealthyNurse**



Love what you do to stay active and you'll be more likely to stick with it! Haven't found the right activity yet? Try something new! **#HealthyNurse**
www.hnhn.org

FACEBOOK

Rest:



Want to know what tips and tricks your fellow nurses use to get and stay asleep? There are lots of ideas in the **#HealthyNurse**, Healthy Nation community! Get ideas and get to sleep!

<http://healthynursehealthynation.org>

New to the night shift or facing a small bout of insomnia? Try these tips to fall asleep fast! <https://engage.healthynursehealthynation.org/blogs/9/108> **#HealthyNurse**

Safety:



They say on airplanes to put your own mask on first and the same is true in health care! When you are healthy and safe, you're able to better care for the health and safety of your patients.

#HealthyNurse www.hnhn.org

5 out of 10 nurses report experiencing musculoskeletal pain at work. This is not acceptable and needs to change! That's why safety is one of the main parts of **#HealthyNurse**, Healthy Nation. www.hnhn.org

TWITTER

Grand Challenge:



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By improving the health of the 4 million US nurses we can transform the health of the nation. Join us! **#HealthyNurse** www.hnhn.org

Join **#HealthyNurse**, Healthy Nation for tips, strategies & inspiration to help get healthy & inspire others to do the same! www.hnhn.org

TWITTER

Quality of Life:



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Come on, get happy! Mental health is vital for a **#HealthyNurse** too. Here are some tips: <https://engage.healthynursehealthynation.org/blogs/8/377> **#HealthyNurse**



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TWITTER

Nutrition:







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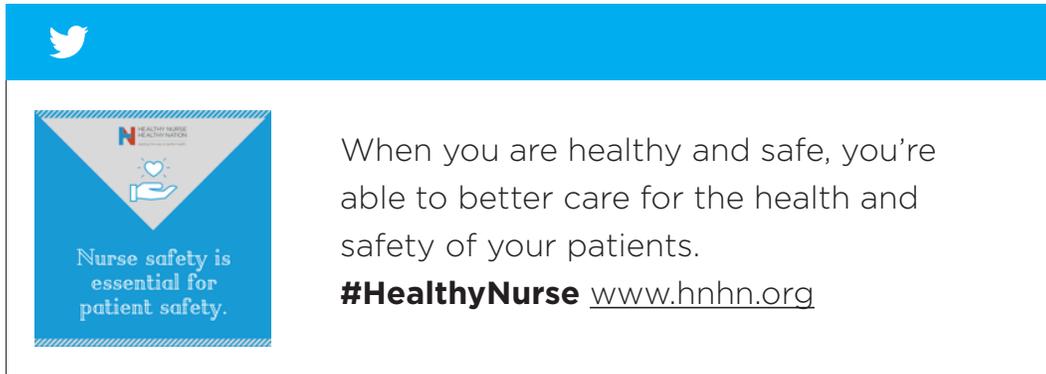
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Are you getting 7-9 hours of sleep daily? Sleep is critical to being a **#HealthyNurse** <https://engage.healthynursehealthynation.org/blogs/9/11>

TWITTER

Safety:



The graphic features a blue header with the Twitter bird icon. Below it is a blue envelope icon with a white heart and a hand holding a heart. The text inside the envelope reads: "Nurse safety is essential for patient safety." To the right of the envelope, the text says: "When you are healthy and safe, you're able to better care for the health and safety of your patients. **#HealthyNurse** www.hnhn.org"

5 out of 10 nurses report experiencing musculoskeletal pain at work. This is not acceptable and needs to change! That's why safety is one of the main parts of **#HealthyNurse**, Healthy Nation. www.hnhn.org

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Comments

The great part about this initiative is that it lends itself to some engaging topics and is all about motivating positive change. Hopefully, you'll get plenty of comments, with nurses sharing the healthy activities they're doing. Take a look through **#HealthyNurse** and **#FitNurseFriday** on Twitter and Instagram for more great nurse-generated content. Please consider taking the time to like, share and encourage this activity.