



# Nurse Well-Being

Resources to Support Nurses and All They Do.  
Created by Nurses for Nurses.



**Public Health**  
Prevent. Promote. Protect.



Fort Cavazos, Texas



## Mental Health

"In a recent Pulse on the Nations Nurses Survey (over 5,000 nurse participants), 56% of respondents indicated they were experiencing some level of burnout, including 7% who reported being "completely burned out and may be in need of help. Nordberg, American Nurse Journal, January 2023 Issue: <https://www.myamericannurse.com/wp-content/uploads/2023/01/Frontline-January-2023-1.pdf>

- **"The Well-Being Initiative" by The American Nurses Association (ANA)**

These resources take a holistic perspective, equally emphasizing mental and emotional resilience. The Well-Being Initiative also incorporates strategies to address burnout, compassion fatigue, and other mental health challenges that nurses may encounter during their careers. Find podcasts, mental health apps, and more!



The Well-Being Initiative

- **Happy Nurse Healthy Nurse (HNHN) Program by The ANA**

Broadly connect and engage individual nurses and partner organizations to take action within six domains: physical activity, rest, nutrition, quality of life, safety, and mental health. Join the online community, engage in monthly health challenges, and win prizes!



HNHN Program

- **Podcasts**

A Nursing State of Mind: In this podcast series, two veteran nurses discuss coping mechanisms with practical ideas to renew our energy, confidence, and the passion for nursing.



A Nursing State of Mind

The Self Care Unit Podcast: A podcast exploring mental health and healthcare with nursing organizations Operation Happy Nurse and Don't Clock Out. Also find on major podcast streaming platforms.



The Self Care Unit

- **Support Groups**

Operation Happy Nurse: Free, online community created to help all nurses struggling with stress, anxiety and/or depression by offering a community focused on improving overall mental health and physical wellbeing. Additional resources found on website: bookclub, nutrition support, discussion boards, monthly music playlists, fitness, yoga, and meditation regimens, stress management podcasts and more!



Operation Happy Nurse

Don't Clock Out: A mental health non-profit founded and led by healthcare workers dedicated to supporting our community through the impacts of moral distress. Don't Clock Out works to advocate for nurses living with mental illness and provide a digital crisis intervention platform to members of the nursing community who are considering suicide.



Don't Clock Out



## Nutrition for Nurses

- Examples of Healthy Meal Subscription Options**

“Nurses face several occupational challenges that contribute to weight gain, including the following: stress-filled environments, long and varying shifts, mandatory overtime, limited options for healthy eating, insufficient meal breaks, and limited or no downtime. These factors lead to fatigued nurses who frequently are too tired to prepare healthy meals or exercise.”

Lee LT, Carpenter H. Obesity in nurses. American Nurse Journal. 2023;18(2):34-34. doi:10.51256/anj022334 <https://www.myamericannurse.com/obesity-in-nurses/>

Factor 75: Fresh, never frozen single serving meals, chef-crafted, designed by registered dietitians. Flexible delivery schedule and meal plans from categories: calorie smart, keto, vegan-veggie, protein+, chef's choice and more. Scan QR code to learn more!



Factor 75

Blue Apron: Meal kit or “prepared and ready” meal subscription. Various menu options: craft, wellness, family friendly, fast and easy, vegetarian and more. Scan QR code to learn more!



Blue Apron

Hello Fresh: 100+ meal options each week. Various menu options to select from. Nurse, first responder, hospital employee, military & veteran, and student discounts available. Scan QR code to learn more!



Hello Fresh

- Examples of Local Nutritional Support & Education**

Fort Cavazos Armed Forces Wellness Center (AFWC): Offers health coaching, body composition testing, physical fitness testing, stress management education, and health & wellness classes. Open to service members and beneficiaries. Scan the QR code for upcoming classes and to make an appointment!



AFWC

Local Food Banks: Produced by Feeding America. Scan QR code and input local zip code to find food banks nearest you. Also see website for additional resources.



Feeding America

H-E-B Wellness Taking Care of Texans: Provides affordable access to delicious and nutritious foods with services to help you get and stay well. Services include: shopping made easy for your lifestyle, nutrition services with a licensed dietitian, inspired meal planning, and much more. Click “Shop by Lifestyle” to find foods to fit your unique lifestyle!



H-E-B Wellness



## Access to Fitness Centers

- Ft. Cavazos Gyms, Fitness Centers, and Outdoor Recreation Programs**

Fort Cavazos Fitness Centers: Total of 8 fitness centers that provide state-of-the-art exercise and total body equipment. Facilities are free of charge to all authorized patrons. Group fitness classes available! All personnel must show ID when entering the facility. Warrior Way Fitness Center is 24/7/365!



Ft. Cavazos Gyms

24/7 CRDAMC Gym and Locker Rooms: Located on the basement level of the hospital near HIT. Available for all CRDAMC staff to utilize! Working out in scrubs is not permitted for infection control purposes.

Fort Cavazos MWR Outdoor Recreation Programs: Total of 15 outdoor recreation programs ranging from rock climbing, kayaking, to horseback riding and more. Equipment and camping area rentals available!



Ft. Cavazos Outdoor Rec.



## Tips for Night Shift

### • Sleep

“Adapting to working the night shift can present challenges, but finding tactics that work best for you will help ensure you manage sleep safely and effectively. (See Effective sleep management.)”  
Elmowitz DE, Spirito T, Alves L, et al.

“According to the U.S. Bureau of Labor Statistics...approximately 30% of the nursing workforce is on night shift. The 24-hour nature of healthcare requires people to take shifts that put them at odds with most of the world in addition to their own internal body clocks.”

Elmowitz DE, Spirito T, Alves L, et al. Tips for thriving—not just surviving—on the night shift. American Nurse Journal. 2023;18(9):55–61. doi:10.51256/anj092355 <https://www.myamericannurse.com/tips-for-thriving-not-just-surviving-on-the-night-shift/>

### Effective sleep management

Quality sleep is key to successfully managing night shift work. Experimenting with different strategies and observing how your body responds can help you find the best approach. Consider the following sleep routine options based on your individual needs and preferences.

- Take an afternoon nap the first night back to work after one or more nights off.
- When you have consecutive nights off, return to a typical routine of being awake all day and sleeping during the night.
- Keep an owl-like routine—on nights off, remain awake until 2:00 AM or later and sleep until 11:00 AM or later.
- If you're naturally more alert and productive at night, maintain a night schedule regardless of your work schedule.
- Anchor sleep within the same 4- to 5-hour period each day of the week. For example, if you work night shift and want to be awake in the daytime during your days off, make your anchor 9 AM to 1 PM (sleep from 9 AM to 5 PM on days you work and from 5 AM to 1 PM on days off). This approach eases transitions between days on and off.

The following suggestions can help improve sleep quality:

- Avoid caffeine 7 hours before sleep.
- Take natural sleep aids, such as chamomile, valerian, melatonin, or passionflower.
- Try aromatherapy (lavender, cedarwood) baths.
- Invest in blackout curtains, eye masks, headphones, or white noise machines.
- Use smartphone apps that temporarily block unimportant incoming calls.
- Limit electronic and social media use at least 30 minutes before bed.

Sources: Bustos-González, Sheehan et al, Shin et al

### • Nutrition

“Night shift workers frequently alter mealtimes to accommodate their work schedules. In fact, meal timing can be key to preventing and managing many health concerns. Adhering to time-restricted eating schedules may improve cardiometabolic health by decreasing blood pressure and HbA1c in populations with higher risks. (See Time-restricted eating.)” Elmowitz DE, Spirito T, Alves L, et al.

### Time-restricted eating

Time-restricted eating, sometimes called intermittent fasting, limits food intake to specific hours. A night shift worker might consider the following eating schedule to help stabilize blood sugar levels throughout the night:

- **Breakfast** at 5:00 PM
- **Snack** at 9:00 PM
- **Dinner** at 1:00 AM
- Only water or clear, decaffeinated beverages for the remainder of the shift.

Scan QR code for a 5 minute video on these tips and more!



Thriving on The Night Shift



## Entertainment and Travel

### • Texas Highways Magazine and Website

Website offers: Texas State Travel Guide, “Things to Do” by category, curated “Eat + Drink” recommendations, Texas history/culture segment, and upcoming events around the Lone Star State!



Texas Highways

### • Ft. Cavazos Better Opportunities for Single Service Members (BOSS) Program

BOSS program offers events to single service members to promote quality of life, recreation, and leisure time. Scan QR code to find out about upcoming events!



BOSS

The views expressed in this guide are those of the author(s) and do not necessarily reflect the official policy of the Defense Health Agency.

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# 2025 CRDAMC Nurse's Week Reading List



Public Health

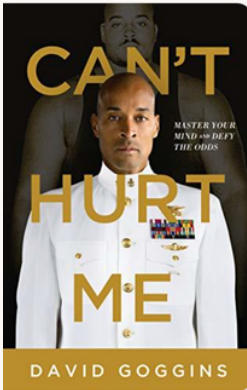
Prevent. Promote. Protect.

Fort Cavazos, Texas

Stories, Strategies & Soul Fuel for the  
Caregiving Journey!



From Your CRDAMC Nursing Leadership!

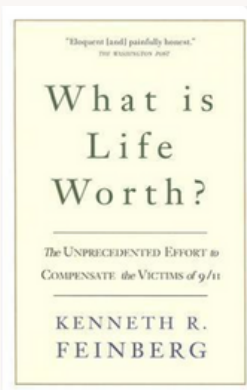


From COL Tameka Bowser, Chief Nursing Officer:

"Some days our goals can seem greater than our capabilities, and we must choose whether that will discourage us or motivate us. I downloaded this audiobook when life was "life-ing" and it really helped me shift my mindset. Our minds are our most powerful tools and once we lock in on our goals, we can achieve anything."



[Link to Goodreads](#)



From COL Brian Cahill, Chief Department of Solider Medicine:

"This book tells the story of the Special Master of the 9/11 Victim's Fund. The President appointed Kenneth Feinberg, an Attorney, to administer the fund and determine how much each family would receive for the loved one lost on 9/11. It tells the story of someone called to perform an impossible task in support of our Nation."



[Link to Goodreads](#)



From COL Brian Cahill, Chief Department of Solider Medicine:

"This book tells the story, largely in first-person, of women who served in wartime. Most of the stories are Vietnam Nurses but there are many others. Tells the stories of women who left their families to serve others in need."



[Link to Goodreads](#)



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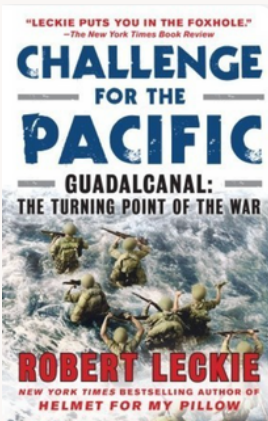


From COL Brian Cahill, Chief Department of Solider Medicine:

"Former member of Congress from South Carolina Trey Gowdy talks about communication, questions, and the ability to influence others to achieve a common goal."



[Link to Goodreads](#)

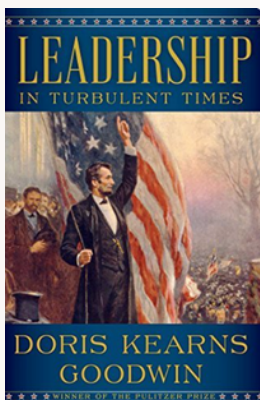


From COL Tommy Thompson, Deputy Commander of Inpatient Services

"This book is the foundation for the HBO series, The Pacific. This book explains the story of decorated Machine Gunner, Robert Leckie and his experience during World War II in the Pacific. Leckie describes how the tenacity and courage of ordinary transformed a campaign of uncertain outcomes into one of decisive Allied victory."



[Link to Goodreads](#)



From COL Brad Franklin, Deputy Commanding Officer and Chief Nurse, 1<sup>st</sup> Medical BDE

"An overview of leadership qualities and character traits for 4 different presidents who led during very challenging times (Lincon, Teddy Roosevelt, FDR, and LBJ)."



[Link to Goodreads](#)



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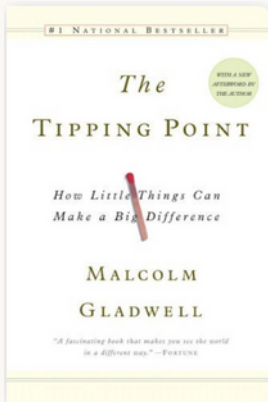
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Fort Cavazos, Texas

Stories, Strategies & Soul Fuel for the  
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From Your CRDAMC Nursing Leadership!

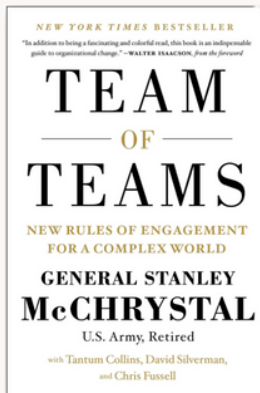


From COL Brad Franklin, Deputy Commanding Officer and  
Chief Nurse, 1<sup>st</sup> Medical BDE

"The science behind viral trends which has direct correlation  
to how Army leaders can make lasting change."



[Link to Goodreads](#)

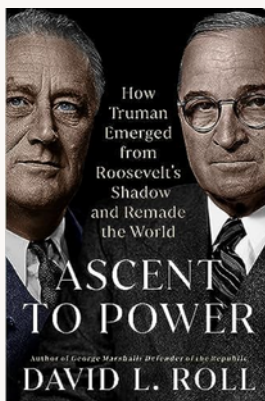


From COL Brad Franklin, Deputy Commanding Officer and  
Chief Nurse, 1<sup>st</sup> Medical BDE

"How to manage complex problems in an ever-changing  
world using Special Ops experience in Iraq."



[Link to Goodreads](#)



From COL Brad Franklin, Deputy Commanding Officer and  
Chief Nurse, 1<sup>st</sup> Medical BDE

"How President Truman managed the turbulence to become  
a wartime president following FDR's sudden death."



[Link to Goodreads](#)

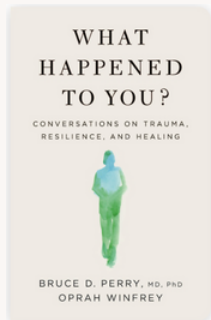


# 2025 CRDAMC Nurse's Week Reading List



Stories, Strategies & Soul Fuel for the Caregiving Journey!

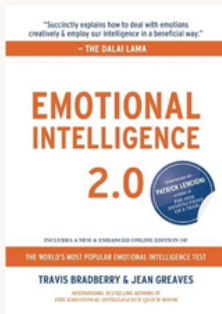
## For Personal and Mental Health Growth



This insightful book shifts the focus from “What’s wrong with you?” to “What happened to you?”—offering a deeper understanding of how trauma shapes behavior, relationships, and healing. For nurses, it’s a powerful resource for providing more compassionate care, fostering personal resilience, and leading with empathy. A meaningful read for those in healthcare who want to support others—and themselves—with greater awareness and strength.



[Link to Goodreads](#)



Build emotional resilience, improve communication, and stay grounded under pressure. With simple, actionable strategies, Emotional 2.0 is a powerful tool for learning how to navigate the emotional demands of caregiving.



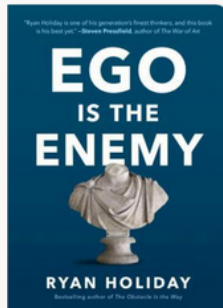
[Link to Goodreads](#)



A powerful reminder for nurses: you don’t have to control others—just protect your peace. “The Let Them Theory” helps you set boundaries, release stress, and focus on what truly matters. A must-read for anyone ready to lead with clarity and calm.



[Link to Goodreads](#)



This book challenges the idea that confidence has to come from ego. Holiday explores how humility, discipline, and self-awareness lead to stronger leadership and better decision-making. A thoughtful read for nurses navigating high-stakes environments.



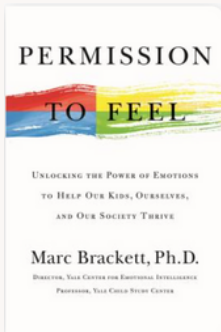
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Stories, Strategies & Soul Fuel for the  
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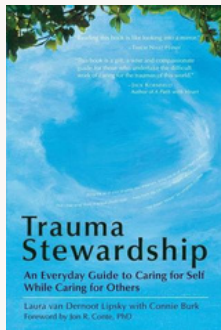
## Support for Burnout, Compassion Fatigue, and Morale Distress



In emotionally demanding roles like nursing, unaddressed stress can quietly build toward burnout. *Permission to Feel* offers practical tools to help nurses recognize, understand, and manage their emotions in healthy ways. By improving emotional awareness, this book empowers caregivers to protect their mental well-being and sustain their passion for the work.



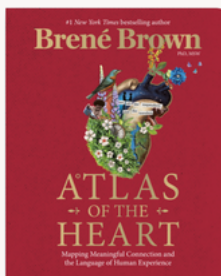
[Link to Goodreads](#)



Caring for others in crisis takes a toll—even on the most dedicated professionals. *Trauma Stewardship* offers guidance for recognizing the signs of secondary trauma and creating sustainable practices to stay grounded. This book helps nurses stay connected to their purpose without losing themselves in the weight of the work.



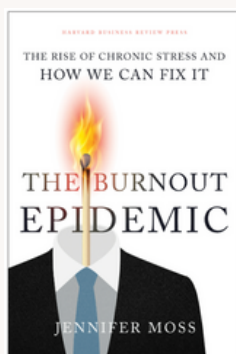
[Link to Goodreads](#)



Understanding and naming our emotions is a powerful step toward resilience. In *Atlas of the Heart*, Brené Brown maps out the language of human emotion—helping nurses navigate the stress, connection, and vulnerability that come with caregiving. A reflective read that supports emotional clarity, reduces burnout, and strengthens compassion—for yourself and others.



[Link to Goodreads](#)



Burnout is more than just feeling overwhelmed—it's often rooted in how we work and what support we receive. *The Burnout Epidemic* offers practical, research-backed insights into how individuals and organizations can work together to reduce chronic stress and improve well-being. An insightful read for nurses looking to protect their energy and promote healthier work environments.



[Link to Goodreads](#)



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Public Health  
Prevent. Promote. Protect.

Fort Cavazos, Texas

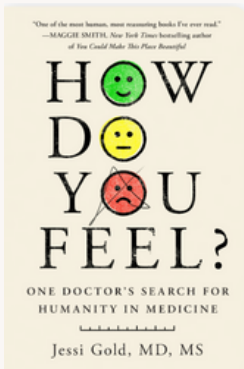
Stories, Strategies & Soul Fuel for the  
Caregiving Journey!



This deeply human memoir by a therapist-turned-patient explores what it means to care for others while learning to care for yourself. With warmth and humor, *Maybe You Should Talk to Someone* reminds healthcare professionals that vulnerability, reflection, and asking for help are signs of strength—not weakness. A comforting read for anyone navigating emotional fatigue and looking to reconnect with purpose and self-compassion.



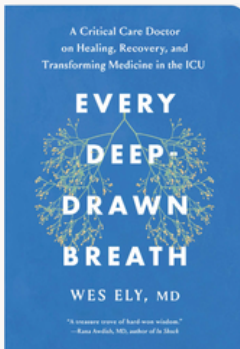
[Link to Goodreads](#)



Blending personal experience with professional insight, psychiatrist Dr. Jessi Gold explores how mental health challenges show up in healthcare workers—and how we can move from silent struggle to meaningful healing. *How Do You Feel?* gives permission to pause, feel, and prioritize our own well-being. A timely, compassionate read for those working at the edge of burnout.



[Link to Goodreads](#)

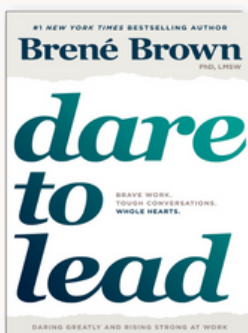


Through powerful stories from the ICU, Dr. Ely sheds light on the human cost of critical care—for both patients and providers. *Every Deep-Drawn Breath* is a call to preserve dignity, empathy, and connection in medicine, even under pressure. A moving read for nurses reflecting on moral injury, emotional fatigue, and the healing power of presence.



[Link to Goodreads](#)

## For Longterm Leadership Development



Leadership isn't about titles—it's about courage, connection, and clarity. In *Dare to Lead*, Brené Brown shows how vulnerability and empathy can strengthen teams, build trust, and drive lasting impact. A foundational read for nurse leaders committed to leading with authenticity and resilience.



[Link to Goodreads](#)

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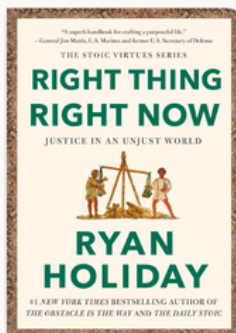
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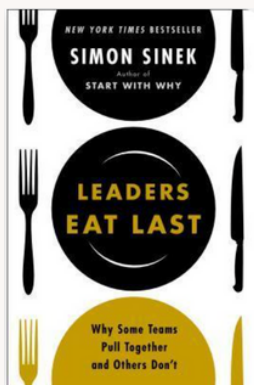
Stories, Strategies & Soul Fuel for the Caregiving Journey!



Drawing on timeless Stoic wisdom, *Right Thing, Right Now* emphasizes making steady, values-based decisions in moments of uncertainty. Ryan Holiday offers reflections on discipline, courage, and moral clarity—qualities essential for leaders navigating complex challenges. A grounded read for nurses committed to principled, long-term leadership.



[Link to Goodreads](#)

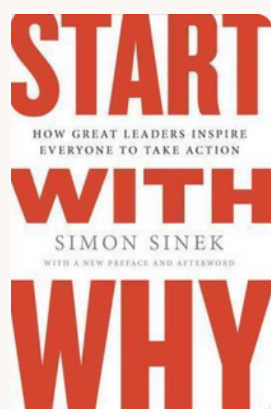


Great leaders prioritize the well-being of their teams. In *Leaders Eat Last*, Simon Sinek explores how trust, safety, and a shared sense of purpose create resilient, high-performing organizations.

A valuable read for nurse leaders building strong, supportive teams over time.



[Link to Goodreads](#)



Lasting leadership begins with a clear sense of purpose. In *Start with Why*, Simon Sinek explains how defining and communicating your “why” can inspire teams, guide decisions, and build trust. An insightful read for nurses leading with vision and intention.



[Link to Goodreads](#)



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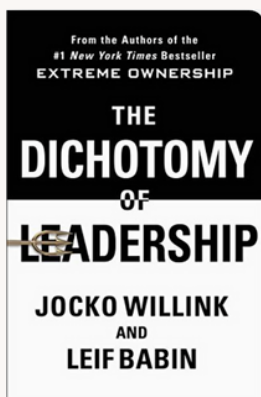


Based on lessons from Navy SEAL leadership, Extreme Ownership emphasizes accountability, discipline, and clear communication under pressure. Willink and Babin provide practical tools to lead teams through complexity and challenge.

A powerful read for nurses developing confident, high-accountability leadership.



[Link to Goodreads](#)

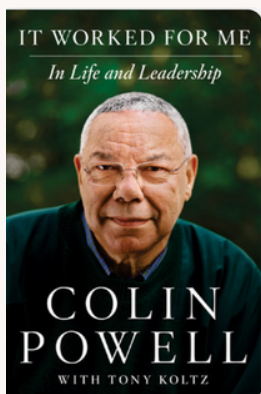


Leadership requires balance—between confidence and humility, discipline and flexibility. In The Dichotomy of Leadership, Willink and Babin build on Extreme Ownership to explore the nuanced decisions leaders must make every day.

A practical guide for nurses learning to lead with both strength and adaptability.



[Link to Goodreads](#)

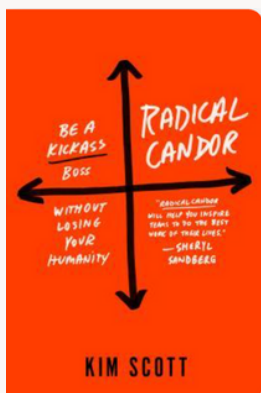


In this honest and accessible memoir, General Colin Powell shares leadership lessons shaped by decades of service. Through personal stories and practical advice, he emphasizes integrity, preparation, and staying grounded under pressure.

A timeless read for nurse leaders building character-driven, mission-focused leadership.



[Link to Goodreads](#)



Effective leaders care personally while challenging directly. In Radical Candor, Kim Scott offers a framework for giving feedback, building trust, and leading teams with clarity and compassion. A valuable read for nurse leaders navigating tough conversations while fostering strong relationships.



[Link to Goodreads](#)



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Public Health

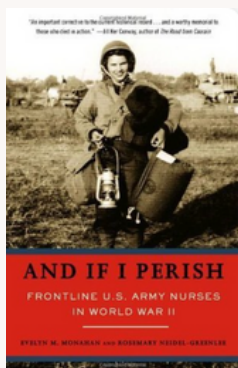
Prevent. Promote. Protect.

Fort Cavazos, Texas

Stories, Strategies & Soul Fuel for the  
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## Honoring and Learning from Military Nursing History

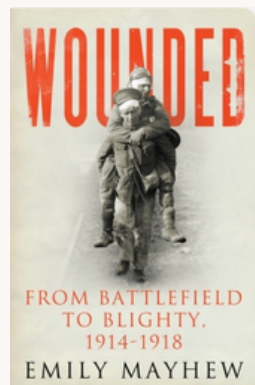


This powerful narrative follows U.S. Army nurses who served on the frontlines of World War II, facing combat, chaos, and extreme conditions. *And If I Perish* highlights their courage, sacrifice, and the essential role of nurses in wartime operations.

By understanding how they adapted under fire, today's military nurses can draw lessons in resilience, leadership, and mission readiness for future conflicts.



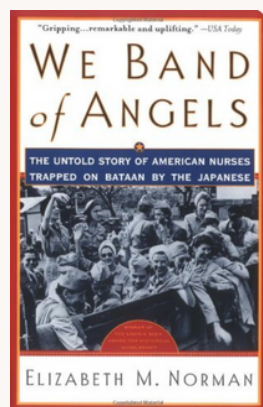
[Link to Goodreads](#)



This gripping account of World War I care teams highlights the bravery of those who treated the wounded under fire. *Wounded* shows how early battlefield medicine laid the foundation for modern trauma care—lessons that still shape military nursing today.



[Link to Goodreads](#)



The true story of U.S. Army and Navy nurses captured in the Philippines during WWII. *We Band of Angels* reveals their strength, sacrifice, and survival—offering powerful lessons in endurance, duty, and the heart of military nursing.

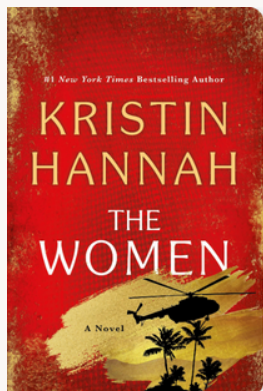


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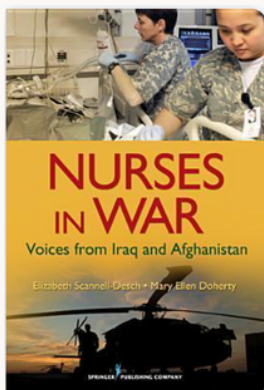


This gripping novel brings to life the overlooked experiences of American women who served as nurses during the Vietnam War. The Women offers a deeply emotional journey through service, sacrifice, and the silence that followed.

A moving tribute that honors the voices history too often leaves behind.



[Link to Goodreads](#)

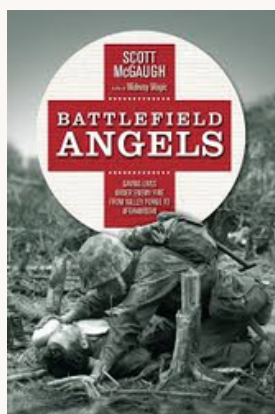


Through firsthand accounts, this book shares the voices of military nurses who served in Iraq and Afghanistan. Their stories reflect the emotional toll, ethical challenges, and strength required to provide care in combat zones.

An honest and powerful collection that highlights the modern realities of nursing in war.



[Link to Goodreads](#)



Spanning from the Revolutionary War to modern conflicts, Battlefield Angels chronicles the history of military medics and nurses saving lives under fire. This wide-ranging account honors the evolution, bravery, and impact of combat caregivers across generations.

A compelling tribute to those who serve with skill and sacrifice.



[Link to Goodreads](#)