

One of the few constants in the nursing field is change and it is a requirement that nurses be nimble and flexible as they navigate their careers. Change is always inevitable and therefore is a requirement that nurses cope with whatever happens in their career. Nurses have to embrace it and champion for the positive change and acknowledge the feelings that occur in their career (Keith, 2015).

In order to adapt to these changes, the nurse reduces their stress since changes in their career always generate stress. Taking a step towards a reduction of stress is important during a transition. Some of the ways which nurses use to cope with the changes include meditation, massage, exercise, nutrition, and time off. Nurses are also adapting to these changes through embracing them. Embracing the changes involves acceptance of the changes and this helps in reducing the negative impacts that might be brought by the changes (Keith, 2015).

Nurses are also facing stressful issues in the workplace and this might ultimately lead to burnout. There are a number of stress management programs which are being offered by the hospitals where nurses are working. Another approach is keeping the professional life and the home life separate and trying not to be much concerned about work issues while at home. Other approaches used by the nurses to overcome the burnout include involvement in the exercise activities, having a well-balanced diet, and getting sufficient rest. Nurses also enjoy their hobbies and investing in relaxation methods like meditation and journaling.

Nurses are meeting the needs of the patients by offering them quality healthcare. Nurses are also offering psychological support since it is a central component of nursing care. Offering psychological support helps them patients towards their full recovery. Nurses are offering palliative care to help patients adjust and cope with the changes that are occurring in their conditions (Hazel, Josie, & Forbat, 2015).