

Lateral violence also might cause more problems to the nurses and this can interfere with their normal way of lives. The approaches which can be used by the nurse to overcome the lateral violence is acknowledging their feelings and admitting that they are hurting and something might be wrong and managing emotions. Self-awareness is important in managing emotions. The use of calm techniques like deep breathing, humor, and praying is important in helping to overcome the situation. The use of empathy is also important since it offers an opportunity to understanding oneself (American Nurses Association, n.d.).