
ATI Stress & Coping Questions and Answers | Latest Version | 2025/2026 | Correct & Verified

What is one way nurses can include physical activity during a busy hospital shift?

✓✓ Take the stairs instead of the elevator and walk briskly during breaks.

How can physical activity help reduce nurse burnout?

✓✓ It releases endorphins that improve mood and decrease stress.

What is a realistic daily fitness goal for nurses with long shifts?

✓✓ 20 minutes of light movement, such as walking or stretching.

How can nurses stay physically active even on their days off?

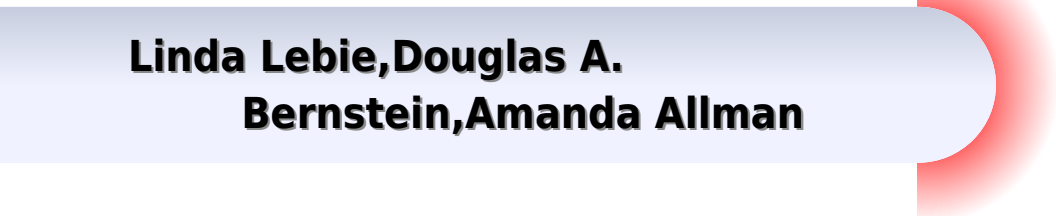
✓✓ Schedule short walks, home workouts, or dance to music for fun movement.

What is one self-care benefit of regular stretching before and after work?

✓✓ It reduces muscle stiffness and improves flexibility.

12a Stress Health Coping Answers

**Linda Lebie,Douglas A.
Bernstein,Amanda Allman**



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A Simple Guide for Mental Well Being Dr. Padmalakshmi Navaneethakrishnan, 2021-05-14 This book provides the essential knowledge for a healthy mind for people from all walks of life It gives a clear outline about solution for the common mental health problems we face around us This has been made simple with examples based on frequent cases seen in a typical psychiatry clinic Inability to cope manifests as physical or mental illnesses This book aims at providing guidance about how to cope and achieve a balanced life There are 19 chapters with 23 case examples **Psychology** Linda Lebie, Douglas A. Bernstein, Amanda Allman, 1999-08 **Study Guide for Fundamentals of Nursing** Carol Lillis, Priscilla LeMone, Marilee LeBon, Pamela Lynn, 2010-11-01 Created in conjunction with Fundamentals of Nursing Seventh Edition this Study Guide helps students review and apply concepts from the textbook to prepare for exams as well as nursing practice Each chapter includes three sections Practicing for NCLEX containing multiple choice and alternate format questions Developing Your Knowledge Base including a variety of questions formats such as fill in the blank matching and short answer and Applying Your Knowledge comprised of critical thinking questions reflective practice scenarios and patient care studies An Answer Key appears at the back of the book **Mental Health Nursing** Verna Benner Carson, 1996 Combining psychiatric theory with a holistic approach this text aims to enable students in psychiatric nursing to care for patients physical psychological social and spiritual needs It covers areas such as spiritual and religious issues care of AIDS patients adult development issues losses homelessness loneliness and violence The authors consider the total person bringing together the latest biological advances proven psychodynamic approaches and spiritual and cultural interventions to help readers understand the many aspects of psychiatric nursing today There are case studies a chapter on mind body spirit therapy and an integration of DSM IV categories throughout **Brunner and Suddarth's Textbook of Medical-Surgical Nursing** Mary Jo Boyer, 2010 The perfect companion to Brunner and Suddarth's Textbook of Medical Surgical Nursing this exemplary study tool helps you better understand the concepts techniques and disease processes detailed in the textbook **Management** John M. Ivancevich, Thomas N. Duening, 2006 **Workbook for Mosby's Textbook for Medication Assistants E-Book** Karen Anderson, 2022-02-19 Reinforce your understanding of drug administration with this practical workbook Corresponding to the chapters in Mosby's Textbook for Medication Assistants 2nd Edition this workbook helps you review concepts and practice the procedures performed by medication assistants A wide variety of exercises and activities allow you to apply your knowledge to healthcare settings Not only will you get more out of the textbook but you will also prepare for certification exams by building on your strengths and improving any areas of weakness Engaging exercises enhance and reinforce your comprehension with matching multiple choice fill in the blank and true false questions Independent learning activities challenge you to apply your knowledge to practice Procedure checklists make it easier to learn and practice medication administration skills and provide helpful self evaluation NEW Updated exercises correspond with the updated drug

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