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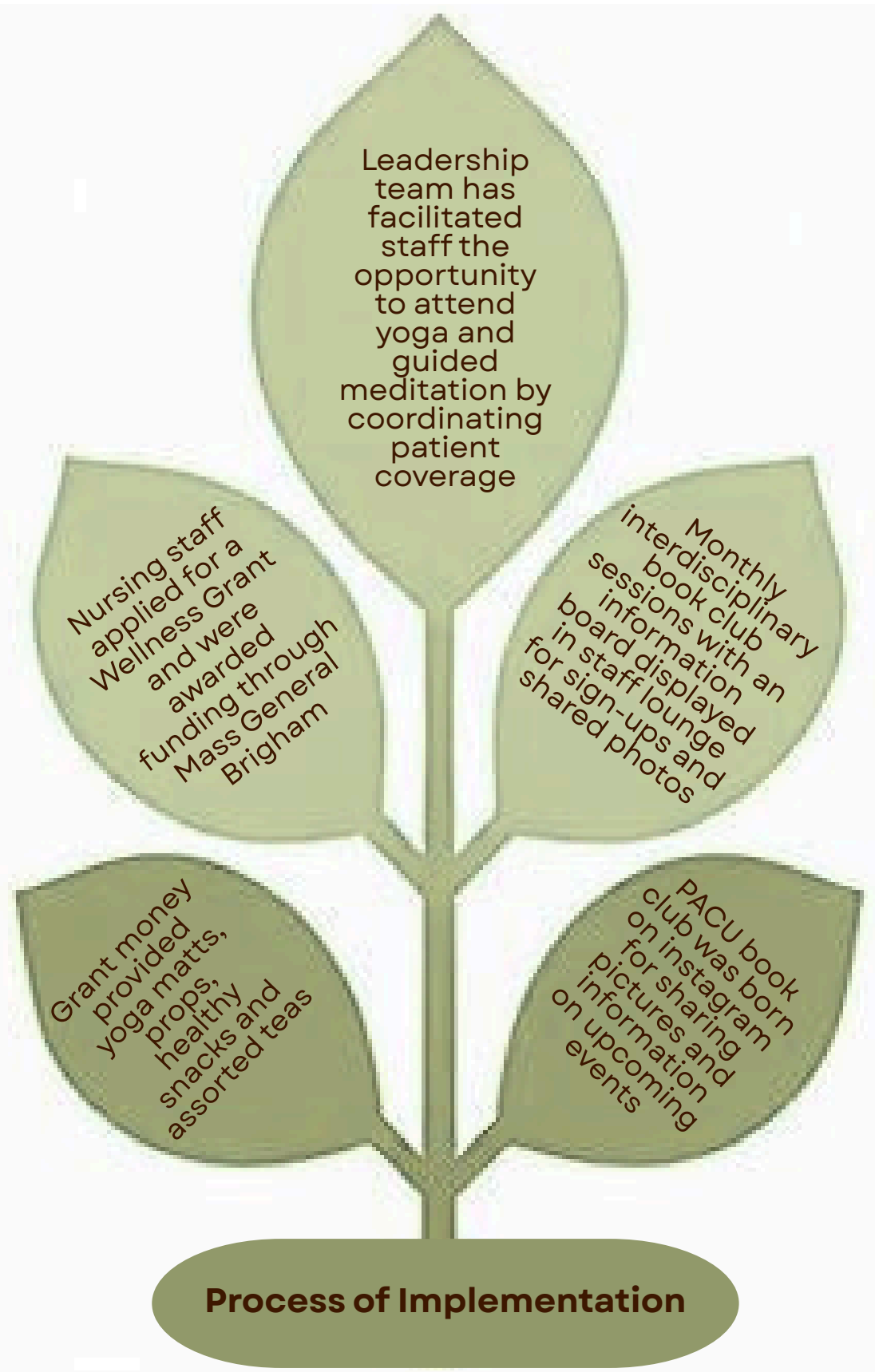
## Background Information:

Post Covid 19 pandemic, many healthcare workers, particularly nurses, have experienced burnout and loss of connection. Providing wellness opportunities to bedside nurses has been beneficial to enhance work satisfaction, team building, and overall wellbeing.



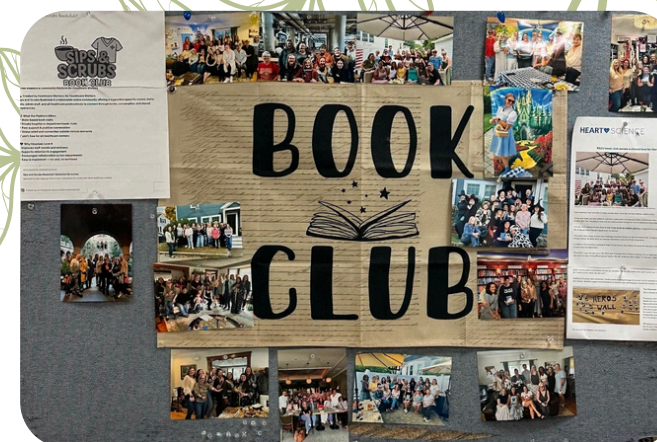
## Statement of Successful Practice:

- Yoga and meditation sessions proven to alleviate stress and reset the mind as reported back via survey monkey
- Book Club provides joy and connection as evidenced by over one year of attendance with continued interest



## Objectives of Project:

To address burnout and stress through wellness opportunities at work and multidisciplinary connection in the community.



## Implications for Advancing the Practice of Perianesthesia Nursing:

- Improve PACU staff mental health in a high stress environment
- Improve job satisfaction through connection with staff outside the hospital

## Acknowledgement:

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