

# Nurse creates app to help peers manage anxiety

January 15 2024, by Ebony Williams, The Atlanta Journal-Constitution

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While being a nurse can be fulfilling, it can also be challenging and taxing, especially when it comes to mental health and anxiety.

Thanks to Shannon McPeek—a neonatal ICU [nurse](#) who created a safe space for her and her peers to deal with anxiety—that stress might be a little easier to manage. McPeek was inspired to create the [Operation Happy Nurse](#) app after she "suffered from work-related anxiety."

"I understood that I was going to have to deal with patient death; deal with difficult situations. But it's a lot different when you start experiencing them. Nurses are also the last line of defense," she said. "So in that, there's a lot of pressure. So it was a slow buildup of anxiety that led to developing signs and symptoms of obsessive-compulsive disorder."

McPeek's goal is to help "all nurses struggling with stress, [anxiety](#) and/or depression by offering a community focused on improving overall [mental health](#) and physical well-being."

"Nurses can go on to this free online community, pick and choose through the resources that we offer, and their [profile](#) adapts to meet their individual interests and needs," McPeek added.

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Citation: Nurse creates app to help peers manage anxiety (2024, January 15) retrieved 28 April 2024 from <https://medicalxpress.com/news/2024-01-nurse-app-peers-anxiety.html>

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