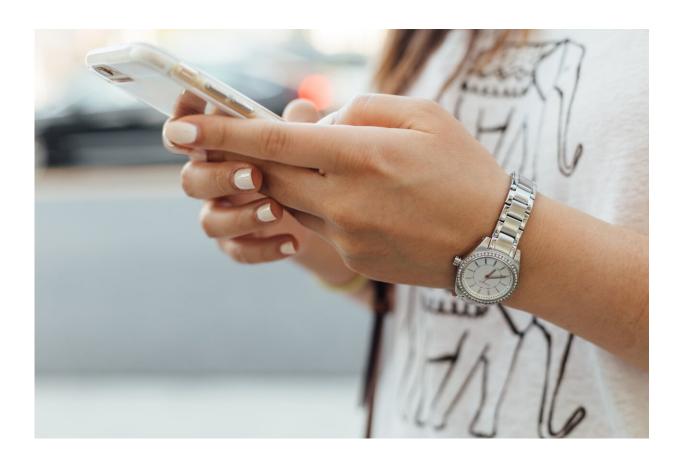


## Nurse creates app to help peers manage anxiety

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Credit: Unsplash/CC0 Public Domain

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 <u>nurse</u> 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 <u>Operation Happy Nurse</u> 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 <u>profile</u> adapts to meet their individual interests and needs," McPeek added.

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