

entirely possible and, frankly, necessary. Embedding micro-moments of intentional pause into your workflow is one way to soothe your nervous system and reset. That kind of self-awareness—knowing when to breathe, reset, and regulate—isn't just self-care. It's self-preservation.

Provision 9 speaks to our professional responsibility to improve healthcare environments (ANA, 2025). Emotional intelligence and self-care are not indulgent—they're revolutionary. By modeling boundary-setting and emotional regulation, we quietly shift the narrative:

wellness and professionalism are not opposites—they're dance partners.

Nursing is sacred, but it's also sweaty, sticky, and stressful. We don't need more platitudes, we need practical, emotionally intelligent strategies that allow us to thrive...and maybe a nap? To every nurse who teaches for three hours straight, works a 12-hour shift, or leads a team while juggling countless tasks and patient outcomes—yet still finds the time to comfort a student or colleague with a kind word—your work matters! Protect it. Nurture it, and when all else fails, provide self-compassion! ■

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# Connect, Learn, Engage: ANA-MI Town Halls Await

ANA-MI is excited to continue its 2025 Town Hall Series—an open and informal forum designed to engage with nurses across the state on the most pressing issues impacting the nursing profession in Michigan.

We invite you to join us for the remaining town halls in this year's series to share your voice, gain insights, and connect with fellow professionals.

Missed the first two town halls? You can watch the recordings for the Next Generation Early Career and ANA Code of Ethics Updates Town Halls, and register for upcoming sessions by visiting [ANA-Michigan.org](https://ANA-Michigan.org).

American Nurses Association Michigan

# TOWN HALLS

## 2025

JOIN US ON

- April 15
- May 6
- September 15
- November 18

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The graphic features a smiling woman in a white lab coat on the left. The background is light blue with a grid pattern. The text is in bold, dark blue and orange colors.

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The graphic features a smiling woman in blue scrubs with a stethoscope on the right. The background is dark blue with orange and white text boxes. The ANA-MI logo is in the bottom left corner.