Eight Part Webinar Series Presented by Dr. Brenda Lyon

NACNS wanted to provide you with as much support as possible via our CHN’s during the COVID-19 crisis. As such, we partner with Dr. Brenda Lyon to bring an eight part Webinar Series dedicated to helping CHN’s conquer stress during these challenging times. The series, along with the NACNS listserv have always been a valuable resource and information hub during this pandemic.

The content for the series originates from a research validated theory created by Dr. Lyon’s 30+ years of experience in clinical nurse specialized in stress treat and stress related illnesses. Dr. Lyon has a new book, Haven’t You Suffered Enough? Clinically Proven Strategies to Conquer Stress coming out May 19, 2020. This book directly ties into this topic.

All sessions are webcast available and can be found below:

**Session One:** Conquering Dysfunctional Anxiety and the “Work of Worry” Minutes
**Session Two:** The Real and Controllable Causes of Your Stress
**Session Three:** Conquering Unjustified Guilt
**Session Four:** Maximizing Your Resources
**Session Five:** Conquering Frustration
**Session Six:** Eliminating Non-Essential Demands
**Session Seven:** Grief and Situational Depression
**Session Eight:** Conquering Unjustified Guilt

The series, along with the Listserv, has been and will continue to be available to members and non-members dedicated to helping CNSs conquer stress during these challenging times. As such, we partnered with Dr. Brenda Lyon to develop an eight part Webinar Series during this pandemic.

To continue receiving our emails, add us to your address book.

This email was sent to .

Reston, VA | 20191 US
11130 Sunrise Valley Drive #350

View this email
Got this as a forward?
Manage
Share this email:
hashtags below!

Throughout the week, NACNS will be sharing Watch for Healthy Nurse, Healthy Nation™
continue access, please
Once this pandemic begins to subside, only NACNS members will have access to the Listserv. To
on@mail-list.com
Listserv to members only, so please consider joining if you haven’t already. Email
NACNS wants to make sure that you know you are not alone by connecting you with a community
healthcare providers that are battling with mental health issues while facing this pandemic head on.
During May, the National Alliance on Mental Illness (NAMI) sponsored, “You are Not Alone”, resonates with the nursing community.
During May, the National Alliance on Mental Illness (NAMI) sponsored, “You are Not Alone”, resonates with the nursing community.

NACNS exists to support you, we hope in turn you will help us better support the CNS by becoming
a member! If you have questions, please don’t hesitate to reach out to us at
info@nacns.org

NACNS membership provides you with the following benefits:

- Member Discounts - more than 20 contact hours per year free! ($1400 value)
- Annual Conference ($300 discount at Early-Bird, $235 discount onsite)
- CNS certification discounts
- Affordable liability insurance ($160 value) – includes public liability, belief errors, and malpractice.
- National and state representation about issues affecting CNSs, like regulation, certification, reimbursement and more
- Special products related to the celebration of CNS Week, September 1-7 each year
- National and state representation about issues affecting CNSs, like regulation, certification, reimbursement and more
- Networking opportunities with CNSs from around the world

NACNS membership is not more than the cost of several socials and includes the services that can help you improve your health and well-being.

NACNS membership provides you with the following benefits:

- FitNurseFriday
- #CNSPride
- Become a Member!
- Connect With Us on Social Media!

Become a Member!

The National Association of Clinical Nurse Specialists (NACNS) is the only national association representing the clinical nurse specialist (CNS), CNSs and the most versatile advanced practice registered nurses and work in a variety of health care specialties to ensure delivery of high-quality, evidenced-based, patient-centered care. NACNS is dedicated to advancing CNS practice and education, removing certification and regulatory barriers, and assuring the public access to quality evidence-based, patient-centered care. NACNS is dedicated to advancing CNS practice and education, removing certification and regulatory barriers, and assuring the public access to quality evidence-based, patient-centered care.

Joining the National Association of Clinical Nurse Specialists will provide you with the following benefits:

- Free CEs for NACNS Webinars
- Member Discounts – more than 20 contact hours per year free! ($1400 value)
- Annual Conference ($300 discount at Early-Bird, $235 discount onsite)
- CNS certification discounts
- Affordable liability insurance ($160 value) – includes public liability, belief errors, and malpractice.
- National and state representation about issues affecting CNSs, like regulation, certification, reimbursement and more
- Special products related to the celebration of CNS Week, September 1-7 each year
- National and state representation about issues affecting CNSs, like regulation, certification, reimbursement and more
- Networking opportunities with CNSs from around the world

NACNS exists to support you, we hope in turn you will help us better support the CNS by becoming a member! If you have questions, please don’t hesitate to reach out to us at info@nacns.org

Happy National Nurses Month!

The month of May is all about celebrating you! The American Nurses Association (ANA) has elevated National Nurses Week to a month-long celebration to celebrate and honor the work that you, our Nation's Nurses do, will continue throughout the month. The National Nurses Week celebration will introduce a new theme each week.

Mental Health Awareness Month

During this, the National Nurses Week is May 6-12. Nurses have used their relative position to share awareness about mental health. NACNS’s campaign, “You are Not Alone”, resonates with the nursing community during these challenging times. NACNS wants to make sure that you know you are not alone by connecting you with a community of CNSs across the country. The NACNS Board of Directors passed the resolution of the CNS council members only, please consider joining if you haven’t already. Great CNS certificate-
registered nurses can join the Listserv. You do not need a subject line or signature line to join.

Once the pandemic begins to subside, only NACNS members will have access to the Listserv. To continue access, please join us!

Join Our Community

Connect With Us on Social Media!

Throughout the week, NACNS will be sharing Watch for Healthy Nurse, Healthy Nation™
campaign which can help you improve your health and well-being.

NACNS exists to support you, we hope in turn you will help us better support the CNS by becoming a member! If you have questions, please don’t hesitate to reach out to us at info@nacns.org

Joining the National Association of Clinical Nurse Specialists will provide you with the following benefits:

- Free CEs for NACNS Webinars
- Member Discounts – more than 20 contact hours per year free! ($1400 value)
- Annual Conference ($300 discount at Early-Bird, $235 discount onsite)
- CNS certification discounts
- Affordable liability insurance ($160 value) – includes public liability, belief errors, and malpractice.
- National and state representation about issues affecting CNSs, like regulation, certification, reimbursement and more
- Special products related to the celebration of CNS Week, September 1-7 each year
- National and state representation about issues affecting CNSs, like regulation, certification, reimbursement and more
- Networking opportunities with CNSs from around the world

NACNS exists to support you, we hope in turn you will help us better support the CNS by becoming a member! If you have questions, please don’t hesitate to reach out to us at info@nacns.org

Joining the National Association of Clinical Nurse Specialists will provide you with the following benefits:

- Free CEs for NACNS Webinars
- Member Discounts – more than 20 contact hours per year free! ($1400 value)
- Annual Conference ($300 discount at Early-Bird, $235 discount onsite)
- CNS certification discounts
- Affordable liability insurance ($160 value) – includes public liability, belief errors, and malpractice.
- National and state representation about issues affecting CNSs, like regulation, certification, reimbursement and more
- Special products related to the celebration of CNS Week, September 1-7 each year
- National and state representation about issues affecting CNSs, like regulation, certification, reimbursement and more
- Networking opportunities with CNSs from around the world

NACNS exists to support you, we hope in turn you will help us better support the CNS by becoming a member! If you have questions, please don’t hesitate to reach out to us at info@nacns.org

Become a Member!