

# Registered nurses' mental health

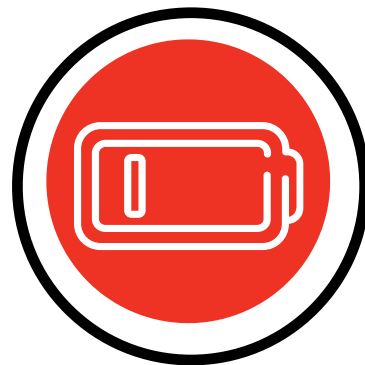
## Why it matters



High levels of job stress negatively affect the quality of care and effectiveness of health services delivery.



Common work environment stressors include physician interactions, inadequate pay, staffing shortages and heavy workload.



Occupational stress contributes to anxiety, dysthymia, low self-esteem, depression and feelings of inadequacy.



Rates of nursing fatigue are on the rise, and contribute to moral distress, poor self-care and coping with daily life, and impaired concentration and judgment.

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