A Word about Empowerment…

Empowerment can be defined as the authority or power given to groups to do something. Personal empowerment is about taking control of your own life. It requires you to set meaningful goals, identify what you want from life and then take action to achieve these goals. 1

The American Nurses Association collected health and wellness data from October 2013 through October 2016 from nurses across the United States; over 10,000 nurses participated. Based on the ANA risk appraisal and the literature related to the health of nurses, it was determined that nurses were more likely to be overweight, have higher levels of stress, and get less sleep. Due to the outcome of this research, ANA declared 2017 the Year of the Healthy Nurse, then established an initiative to improve nurses' health and wellness across the nation. It was determined that such a program would not be successful without giving the constituent members power to create and carry out the program in their state. By choosing this route, ANA empowered the states and, in turn, the nurses in those states.2

NJSNA's initiative, Healthy Nurse New Jersey empowers nurses to take control of their lives and to be motivated to achieve health and wellness.

HOW TO ACHIEVE PERSONAL EMPOWERMENT

[What Is Personal Empowerment? – Stress Management From MindTools.com](#)

1. Know yourself.
2. Identify your goals.
3. Develop your competencies.
4. Claim your space.
5. Join Healthy Nurse New Jersey.

Healthy Nurse Healthy New Jersey helps nurses achieve their improved health, move towards their goals, and it has succeeded in empowering nurses to be Healthy Nurses. Because when your body feels good, you feel good, and when you feel good, you will feel more powerful.3

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2. American Nurses Association. (October 2013 – October 2016). *Executive Summary: American Nurses Association Health Risk Appraisal.* Retrieved March 10, 2020 from https://www.nursingworld.org/~495c56/globalassets/practiceandpolicy/healthy-nurse-healthy-nation/ana-healthriskappraisalsummary_2013-2016.pdf

3. Healthy Nurse Healthy New Jersey. www.njsna.org

Additional reading:

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