



# Press Release

## For Immediate Release

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## Celebrating Texas Heroes During Nurses Month

Nurses are reluctant to call themselves heroes. But across the state, Texans have seen nurses go above and beyond in responding to COVID-19, putting their own lives at risk to care for patients in need.

May is Nurses Month and the Texas Nurses Association is planning several activities in line with the American Nurses Association.

**May 1-9 is self-care week.** TNA and ANA are very aware of the stress nurses are under and the real possibility of experiencing post-traumatic stress disorder from responding to COVID-19. To support nurses, TNA and the Texas Nurses Foundation set up multiple ways for nurses to get support.

- Five Nurse Chats led by a nurse peer support facilitator, where nurses can share their experiences in a safe, judgement-free space
- Two interactive Stress Management webinars
- Free self-care wallet cards (email [tpapn@texasnurses.org](mailto:tpapn@texasnurses.org) to order in sets of 50)

**May 10-16 is recognition week**, and overlaps Nurses Week, May 6-12. We are asking the public to tie white ribbons to trees and then wear white (the traditional color for health care professionals) on May 12, Florence Nightingale's birthday, to support nurses and other front-line health care workers.

**May 17-23 is professional development week**, and TNA and ANA are offering educational sessions to nurses on storytelling and media.

**May 24-31 is about community engagement.** TNA is preparing educational materials for the public on what nurses do, how to become a nurse, the different roles nurses play and more.

To learn more, visit [texasnurses.org](http://texasnurses.org).

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## About Texas Nurses Association

The Texas Nurses Association (TNA) is a statewide membership-based professional association of registered nurses. Our vision is to empower Texas Nurses to advance the profession. Founded in 1907, TNA is the oldest and largest nursing association in Texas.