

I. Introduction Brief overview of mental health in the nursing profession Importance of addressing burnout and stress among nurses II. Environmental and Social Factors Discuss how workplace environment and social interactions can contribute to burnout and stress Explore the impact of long working hours and high patient-to-nurse ratios II. Lower Quality of Care Explain how burnout and stress can affect the quality of care provided by nurses Provide examples of how mental health issues can lead to medical errors IV. Lack of Sleep Highlight the importance of adequate rest and the challenges nurses face in getting enough sleep Discuss the consequences of sleep deprivation on mental health and job performance V. High-Stress Environment Examine the sources of stress in the nursing profession, such as dealing with life-and- death situations and emotional strain