



# Workplace Well-Being & Safety

**Create**  
Restorative Break opportunities with adequate time and food availability.

**Involve**  
Direct care staff in decisions that impact their professional practice and patient care areas.

**Embed**  
A culture of wellness through a human-centered approach that includes meaningful recognition.

**Promote**  
Health-seeking behaviors through intentional efforts that support wellness.

**Address**  
Safety & violence in the workplace.

Support nurses by having the right infrastructures in place to encourage a professional culture of wellness, recognition, and safety.