

SHAC NEWSLETTER

Student Health and Counseling Center (SHAC)

May 2016

National Nurses Week

National Nurses Week begins on [May 6](#) and ends on [May 12](#), Florence Nightingale's birthday.

Brief History of National Nurses Week

National Nurse Week was first observed in October 1954, the 100th anniversary of Nightingale's mission to Crimea. In February 1982, the American Nurses Association Board of Directors formally acknowledged [May 6](#) as "National Nurses Day."

As of 1998, [May 8](#) was designated as [National Student Nurses Day](#).

As of 2003, [National School Nurse Day](#) is celebrated on the [Wednesday](#) within National Nurses Week, which in this year's calendar, falls on the same day as National Nurses Day.

Background

Florence Nightingale (1820-1910) was an English nurse who became known as the founder of professional nursing. She was known especially for her pioneering work during the Crimean War (1853-1856). Due to her habit of making rounds at night, Nightingale was known as "The Lady with the Lamp."

What do people do?

National Nurses Day is celebrated across the U.S. to honor the work of nurses. Some popular activities include banquets, state and city proclamations, and seminars. Many nurses receive gifts or flowers from friends, family members, or patients.

National Women's Health Week

National Women's Health Week begins on Mother's Day, [May 10](#) and ends on [May 16, 2015](#).

National Women's Health Week is a national effort led by the U.S. Department of Health and Human Services office to raise awareness and empower women to make their health a priority.

Steps to improve your health:

- Visit a primary health care provider to receive regular checkups and [preventive screening](#)
- [Get active](#)
- [Eat healthy](#)
- Pay attention to [mental health](#), including getting enough sleep and managing stress
- Avoid unhealthy behaviors, such as smoking, texting while driving, and not wearing a seatbelt or bicycle helmet

Celebrate National Women's Health Week by encouraging the women in your lives- mothers, grandmothers, aunts, sisters, cousins, friends, and colleagues- to take steps to live healthier, happier, lives.

May is also National Mental Health Month; look out for more information in your inbox and activities around campus this month. Click [here](#) to learn more

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<http://www.nursingworld.org/NationalNursesWeekHistory-2015therapy.aspx177>

<http://www.womenshealth.gov/nwhw/>