

2017 National Nurses Week, May 6-12

It is National Nurses Week, and the Michigan Department of Health and Human Services (MDHHS), Office of Nursing Policy would like to thank all nurses for their efforts to assure the health, wellness and safety of patients and providers in all settings where nurses practice. Numbering more than 158,000, licensed nurses are the largest health profession in Michigan and practice in a diverse array of healthcare and educational settings. It is common for caregivers to become so focused on caring for everyone else that they forget themselves. Please remember to balance all you do for others with taking time out to take care of your own health and wellbeing. Whether that means socializing, reading, exercising, catching up on your sleep or some other activity that is meaningful to you, do something to celebrate you and have a wonderful Nurses Week. For ideas see [2017 Year of the Healthy Nurse](#).