

Philippine Nurses Association of America (PNAA)

- 55 chapters supporting Filipino-American nurses
 - 28% of all immigrant nurses
- Offers educational programs and community outreach
- Conducts research
- Influence policies
- Assists with the acculturation of new nurses from the Philippines

COVID-19

- Provide essential and culturally sensitive information
- Heal our Nurses **Kabalikat** Program
- 30% of COVID-19 deaths among nurses in the U.S. were Filipinos



PNAA iLDP 2021
iLeadership Development Program



#EmotionsBehindtheMask

- Which emotion best defines your overall status?
- Effective coping mechanisms for reducing stress?
- Initiatives willing to engage in?



Which emotion best defines your overall status?

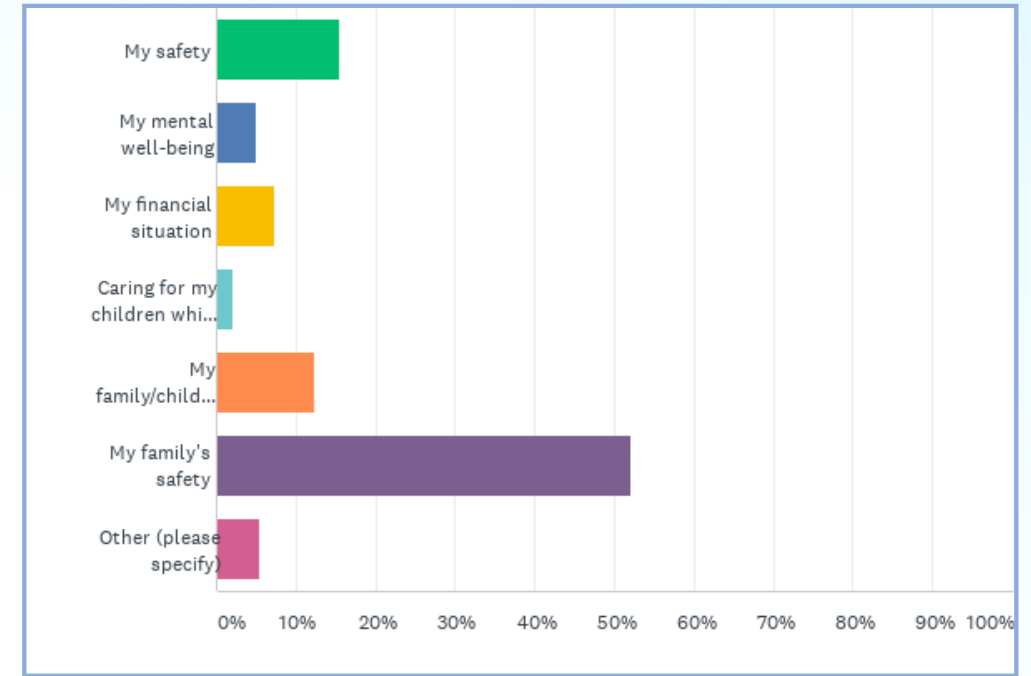
- Unable to stop worrying
- Angry
- Isolated and alone
- Confident about my ability to handle things
- Feel like I'm making a difference

Effective coping mechanisms for reducing stress?

- Engaging in spiritual practices
- Staying socially connected with family and friends
- Enjoying some form of entertainment and indoor exercise

Initiatives willing to engage in?

- Outreach activities and charitable work
- Virtual workout
- Fellowship or peer-to-peer support group

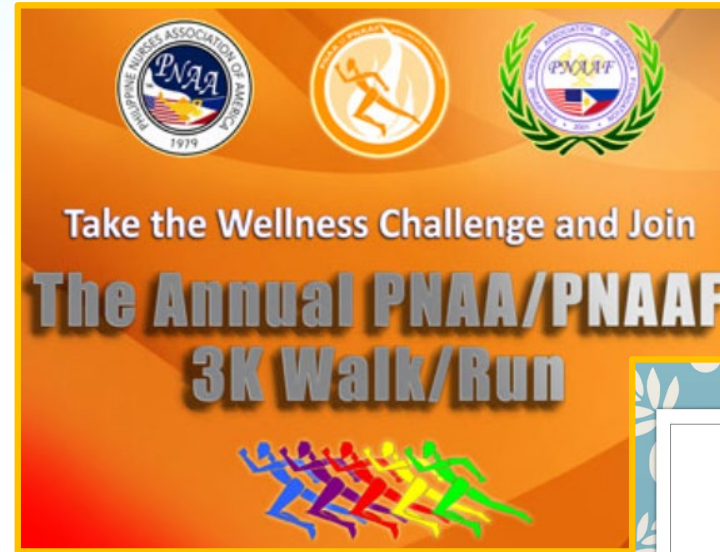


- **Outreach activities and charitable work**

- Vaccination Clinics
- Mask the Homeless Project

- **Virtual workout**

- **Fellowship or peer-to-peer support group** with other Filipino nurses to share lived experience




PNAMDC IS EXCITED TO OFFER A

Virtual Polynesian Workout

HAVE SOME FUN WHILE YOU IMPROVE YOUR WELL-BEING. JOIN US AND MAKE EVERY MOVE COUNT!

Saturday, March 20
1100 – 1200 ET

[Click here to register](#)



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