

NURSING & PMHNP RESOURCE GUIDE

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Top 10 Mistakes Nursing & NP Students Make

- 1 Choosing programs without verifying accreditation
- 2 Underestimating time commitment and workload
- 3 Poor time management and lack of structure
- 4 Not securing clinical placements early
- 5 Weak documentation habits
- 6 Avoiding difficult patient interactions instead of learning from them
- 7 Ignoring mental health and burnout signs
- 8 Not networking with preceptors and professionals
- 9 Relying only on school material without external study resources
- 10 Not understanding scope of practice early

Mental Health Toolkit for Nursing Students

- 1 5-4-3-2-1 grounding technique for anxiety
- 2 Daily structured schedule to reduce overwhelm
- 3 Set boundaries: protect your time and energy
- 4 Sleep hygiene: consistent routine, limit screens before bed
- 5 Breathing exercise: inhale 4, hold 4, exhale 4
- 6 Recognize burnout early: exhaustion, cynicism, decreased performance
- 7 Seek support: mentors, therapy, peer groups
- 8 Practice self-compassion: progress over perfection

Day in the Life of a PMHNP

- 1 8:00 AM – Review patient charts and prepare for the day
- 2 9:00 AM – Patient evaluations (medication management, therapy)
- 3 12:00 PM – Documentation and follow-ups
- 4 1:00 PM – Lunch / administrative tasks
- 5 2:00 PM – Afternoon patient sessions
- 6 4:30 PM – Final notes and care coordination
- 7 5:00 PM – End of clinical day

Work Settings:

- 1 Outpatient clinics
- 2 Telehealth
- 3 Inpatient psychiatric units
- 4 Private practice

Reality Check:

- 1 High emotional demand
- 2 Documentation burden
- 3 Need for strong boundaries
- 4 Rewarding patient outcomes

Disclaimer: This material is for educational purposes only and does not substitute medical or professional advice.