Take a Step Back and Reflect

You provide steadfast and selfless care to your patients so take a moment to reflect and focus back on yourself. Setting aside as little as 15–30 minutes a day of personal time can help you feel happier, healthier, and more focused. We want you to spend some time on yourself and here are some examples how:

• Relax with a hot bath and some lavender candles to relieve stress.
• Start a journal that reflects your daily accomplishments.
• Disconnect from your busy world and recharge by spending time outdoors.

Step Forward and Recognize Your Colleagues

All oncology nurses are amazing! Show your pride for your profession and commend one another’s daily efforts. The feeling of appreciation and morale will extend far beyond that moment. Need some ideas for how to celebrate the great nurses in your life?

• Buy flowers for the oncology nursing staff or colleagues.
• Hold an oncology nurse appreciation day at your hospital or clinic and invite all employees to help honor the difference these dedicated professionals make every day.
• Develop an Oncology Nursing Month display to honor the cancer nurses in your workplace, and make sure to hang an Oncology Nursing Month banner!
• Nominate an oncology nurse for an ONS award.

Take Steps to Improve Your Community

Nursing continues to be the most trusted profession in the world, and you are an important part of your community and your community’s health. Take some time this month to safely spread the word about oncology care!

• Plan a virtual educational program in your community relating to cancer screening and care.
• Reach out to local students about a career in oncology nursing. Remember, full-time students receive a free membership with ONS!*
• Highlight a community-service project in which your chapter or organization was involved.
• Write about a cancer-related topic that is receiving media attention or that is of interest to your community.

*Available to all prelicensure students enrolled full-time in a nursing program.

Recognize an Exceptional Nurse With an ONS Award

Do you know a nurse who has made a real difference in oncology nursing in your local area? Share their impact by nominating them for an ONS award. Oncology nursing awards are available for many specialties and career stages. Visit the ONS website for more information.

Support the Future of Oncology Nursing

Celebrate oncology nursing by donating to the Oncology Nursing Foundation. Your donation can help provide academic scholarships, research funding, and leadership training for oncology nurses now—and for generations to come. To see how your contribution makes a difference and to donate, visit onfgivesback.org.

Take Steps to Improve Your Community

To your community:

• Share a story or thank a nurse in your local newspaper or community magazine.
• Organize an oncology awareness month in your workplace.
• Connect with nurses in your area to share your own oncology nursing experiences and stories.
• Host an event to recognize the important role that nurses play in your community.

Show Your Caregivers Support

The future of oncology nursing is in our hands. Let’s work together to ensure that nurses are supported and recognized for their vital role in providing care.

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Your strength, courage, and resilience in the face of the unimaginable is a comfort and inspiration for your patients. From diagnosis to treatment and beyond, you are committed to your patient’s cancer journey.

That’s why we celebrate you, the oncology nurse, this May and every month after.