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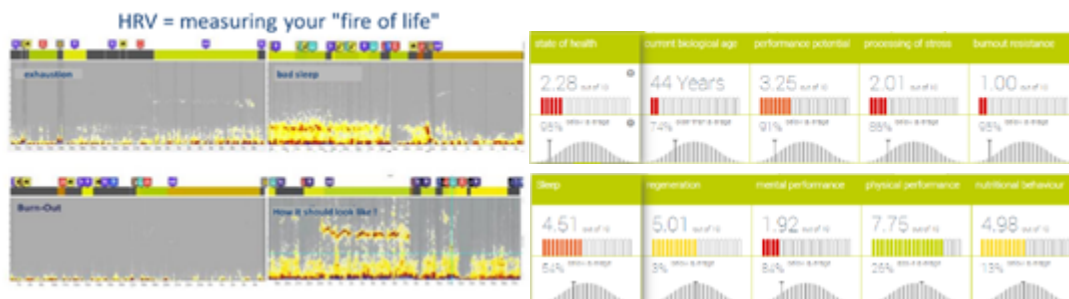
## Healthy mind, healthy body: How balancing brain and body chemistry can prevent and treat exhaustion and burnout in nurses

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Federal Diploma in Healthcare, Switzerland

As healthcare professionals, nurses face numerous challenges in their daily work that can take a toll on their mental and physical health. The demanding nature of the job often leads to body exhaustion, which affects the autonomic nervous system and increases the risk of burnout. Moreover, long hours and inadequate rest can cause a lack of sleep which can have negative effects on the brain and body chemistry. An imbalanced brain and body chemistry can be an underlying cause of a range of physical and mental health conditions, including mood disorders, anxiety, depression, chronic fatigue, insomnia, metabolic disorders, and autoimmune diseases, among others.

Studies have shown that prolonged exposure to stress in healthcare environments can accelerate biological aging, potentially leading to chronic health problems later in life. Over time, this can lead to a decrease in processing stress and mental performance. To combat these issues, prioritizing personal well-being is important for healthcare professionals. This can involve taking adequate rest, ensuring proper nutrition and oxygenation at the cellular level, and implementing other self-care practices. By restoring optimal brain and body chemistry, nurses can promote better autonomic nervous system function and improve their mental and physical health. In conclusion, this speech will discuss the importance of recognizing and addressing the effects of working in healthcare on nurses' brain and body chemistry, emphasizing the need for self-care and attention to mental health.



### Recent publications

1. BIO-R® Sleep Restoration (March 2023), Biomolecular Restoration, The Kusunacht Practice
2. A day to be happy: International Day of Happiness (March 2023), The Kusunacht Practice

### Biography

Jurelnarde Abellanosa holds a Federal Diploma in Healthcare. She worked as a nurse in the Visceral Surgery Department in the Clinic

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Hirslanden Zurich. To further her career and gain more experience in Emergency Health Care, she joined the Emergency Room team of the University Hospital of Zurich. In June 2021 she joined The Kusnacht Practice and has extensive experience for VIP Patients. Due to her varied assignments across medical specialties, she is well versed in the care of patients with multiple health issues and chronic illnesses as well as pre-and postoperative care for an array of surgical needs. In the Kusnacht Practice, Jurelnarde focuses on special BIO-R® Treatments such as Intermittent Hypoxia & Hyperoxia Therapy (IHHT), Ozone Therapy, Body Reshape Training, Aromatherapy, 24h Heart Rate Variability measurement (ANS), Sleep Restoration Coaching, administering tailored micronutrient infusions, injections, and supplements.

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