

ATI NURSES TOUCH WELLNESS AND SELF CARE PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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- 1. Which of the following best describes the definition of self-care for nurses?**
 - A. Only focusing on physical health
 - B. Caring for others while neglecting oneself
 - C. Engaging in activities that promote personal health
 - D. Minimizing personal interests and hobbies
- 2. Which of the following is a sign of burnout in nurses?**
 - A. Increased energy and enthusiasm
 - B. Lack of motivation and fatigue
 - C. Heightened focus on care
 - D. More effective communication with patients
- 3. How can nurses foster resilience in their practice?**
 - A. By avoiding challenges
 - B. Through continued education and self-reflection
 - C. By working longer hours
 - D. By relying solely on colleagues for support
- 4. What is an effective relaxation technique for nurses?**
 - A. Taking frequent coffee breaks
 - B. Progressive muscle relaxation
 - C. Participating in competitive sports
 - D. Engaging in long conversations with colleagues
- 5. What is a benefit of effective delegation in nursing?**
 - A. It allows nurses to avoid responsibilities
 - B. It reduces workload and creates time for self-care
 - C. It increases the hours spent on administrative tasks
 - D. It focuses only on patient care
- 6. Which statement by a newly licensed nurse indicates a need for further teaching regarding disease prevention?**
 - A. Tertiary prevention identifies an illness early and begins treatment.
 - B. The goal of primary prevention is to prevent illness occurrence.
 - C. There are three levels of disease prevention.
 - D. Secondary prevention focuses on early-detection strategies.

- 7. How does physical activity improve mental health?**
- A. It releases endorphins that enhance mood
 - B. It requires social interaction
 - C. It leads to fatigue
 - D. It disrupts sleep patterns
- 8. Which statement by an obese client indicates a need for further teaching about healthy eating habits?**
- A. "I will engage in aerobic exercises for 20 minutes, three to four times a week."
 - B. "I will try to consume three nonfat dairy products each day."
 - C. "I will skip scheduled meals if I do not feel hungry."
 - D. "I plan to drink eight glasses of water daily."
- 9. Which of the following is a strategy for coping with job-related stress for nurses?**
- A. Increased workload
 - B. Regular physical activity
 - C. Isolation from colleagues
 - D. Ignoring stressors
- 10. Using Maslow's hierarchy of needs, what is the nurse's priority action for an older adult client with pneumonia refusing hospital admission?**
- A. Encourage verbalization of fears
 - B. Provide teaching about new medications
 - C. Determine respiratory status
 - D. Assess nutritional needs

Answers

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1. C
2. B
3. B
4. B
5. B
6. A
7. A
8. C
9. B
10. C

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Explanations

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1. Which of the following best describes the definition of self-care for nurses?

- A. Only focusing on physical health
- B. Caring for others while neglecting oneself
- C. Engaging in activities that promote personal health**
- D. Minimizing personal interests and hobbies

Self-care for nurses is best described as engaging in activities that promote personal health. This definition encapsulates the idea that nurses, like all individuals, need to prioritize their well-being to maintain their physical, emotional, and mental health. The nature of the nursing profession can be demanding and stressful, which makes it crucial for nurses to actively participate in self-care practices to prevent burnout, manage stress, and enhance their overall effectiveness in providing care to patients. Engaging in self-care allows nurses to recharge, maintain a good work-life balance, and improve their resilience against the challenges faced in their roles. Activities that promote personal health can include regular physical exercise, healthy eating, mindfulness practices, hobbies, and socializing, all of which contribute to reducing stress and improving overall well-being. This holistic approach is essential for sustaining the ability to care for others competently and compassionately.

2. Which of the following is a sign of burnout in nurses?

- A. Increased energy and enthusiasm
- B. Lack of motivation and fatigue**
- C. Heightened focus on care
- D. More effective communication with patients

The presence of lack of motivation and fatigue is a clear indicator of burnout in nurses. Burnout often manifests as emotional, physical, and mental exhaustion due to prolonged stress in the workplace. When nurses experience burnout, they may find it increasingly difficult to summon the energy needed for their demanding roles, leading to feelings of fatigue. This overwhelming sense of tiredness is frequently accompanied by a decreased sense of accomplishment and motivation, which can adversely affect their ability to provide care effectively. In contrast, the other options suggest positive attributes or behaviors that are typically associated with well-being and engagement in the nursing profession. Increased energy and enthusiasm would indicate a healthy emotional state, while heightened focus on care and more effective communication with patients reflect a proactive and engaged approach rather than the disengagement seen in burnout. Thus, recognizing lack of motivation and fatigue is crucial for early intervention and support for nurses to mitigate the impacts of burnout.

3. How can nurses foster resilience in their practice?

- A. By avoiding challenges
- B. Through continued education and self-reflection**
- C. By working longer hours
- D. By relying solely on colleagues for support

Fostering resilience in nursing practice is fundamentally about equipping oneself to handle stressors, challenges, and changes effectively. Engaging in continued education and self-reflection plays a critical role in building resilience. Continued education ensures that nurses stay updated with the latest practices, knowledge, and skills, which can enhance their confidence and competence in their roles. This ongoing learning process empowers nurses to adapt to new situations and challenges more readily. Additionally, self-reflection allows nurses to assess their experiences, understand their emotional responses, and identify areas for personal and professional growth. By combining these elements, nurses can cultivate a mindset that embraces challenges, learns from experiences, and ultimately contributes to better patient care and personal well-being. The alternative strategies do not align with effective resilience-building. Avoiding challenges does not promote growth or adaptation, while working longer hours could lead to burnout rather than resilience. Relying solely on colleagues for support may limit a nurse's ability to develop personal coping strategies that are essential for individual resilience. Therefore, the emphasis on continued education and self-reflection is vital in fostering resilience within nursing practice.

4. What is an effective relaxation technique for nurses?

- A. Taking frequent coffee breaks
- B. Progressive muscle relaxation**
- C. Participating in competitive sports
- D. Engaging in long conversations with colleagues

Progressive muscle relaxation is an effective relaxation technique for nurses because it actively promotes physical and mental relaxation. This technique involves systematically tensing and then relaxing different muscle groups in the body, which can help release tension and stress accumulated from a demanding work environment. The practice encourages mindfulness and helps individuals focus on their body's sensations, allowing for a greater awareness of stress and relaxation levels. This method can be particularly valuable for nurses, who often face high-pressure situations. By integrating progressive muscle relaxation into their routine, they can enhance their ability to manage stress effectively, improving overall well-being and job performance. It also offers a structured approach to relaxation that can be easily integrated into short breaks during shifts. The other options, while potentially beneficial in various contexts, do not provide the same level of focused relaxation specifically designed to counteract stress. For example, coffee breaks might temporarily offer a distraction but often do not facilitate significant relaxation. Competitive sports can be a great outlet for stress relief, but they may also introduce intensity and competitiveness that are not conducive to relaxation. Long conversations with colleagues could enhance social support but may also prolong engagement in workplace stressors rather than providing dedicated time to unwind. Thus, progressive muscle relaxation stands out as a targeted approach for effective stress management.

5. What is a benefit of effective delegation in nursing?

- A. It allows nurses to avoid responsibilities
- B. It reduces workload and creates time for self-care**
- C. It increases the hours spent on administrative tasks
- D. It focuses only on patient care

Effective delegation in nursing is crucial for promoting both team efficiency and individual well-being. When nurses delegate tasks appropriately, they can distribute responsibilities among team members according to their qualifications and skill sets. This not only helps to reduce the overall workload for the nurse but also ensures that tasks are handled by the most suitable personnel, which enhances the quality of patient care. As nurses lighten their burden through effective delegation, they create opportunities for themselves to engage in self-care activities. This can lead to improved job satisfaction and mental health, as nurses who practice self-care are better equipped to provide high-quality care to their patients. Engaging in self-care allows nurses to recharge both physically and emotionally, which is essential given the demanding nature of their work. In contrast, the other options fail to capture the benefits of effective delegation. Delegating tasks is not about avoiding responsibilities; instead, it is an organized approach to managing workload. It does not inherently increase hours spent on administrative tasks or focus solely on patient care while disregarding the nurse's well-being or the need for workflow management.

6. Which statement by a newly licensed nurse indicates a need for further teaching regarding disease prevention?

- A. Tertiary prevention identifies an illness early and begins treatment.**
- B. The goal of primary prevention is to prevent illness occurrence.
- C. There are three levels of disease prevention.
- D. Secondary prevention focuses on early-detection strategies.

The statement regarding tertiary prevention indicates a need for further teaching because it misrepresents the primary purpose of this level of prevention. Tertiary prevention is concerned with managing and mitigating the effects of an established disease or condition. Its focus is on rehabilitation and preventing complications after a disease has already occurred. This may include interventions to improve quality of life for individuals living with chronic conditions, rather than detecting an illness early or beginning treatment, which aligns more closely with secondary prevention. Understanding the distinctions between the levels of disease prevention is crucial for proper patient care. Primary prevention aims to prevent the onset of disease, secondary prevention seeks to detect diseases early through screenings and early intervention, while tertiary prevention deals with managing established diseases to minimize impact on the patient's health. This foundational knowledge is key to effective healthcare practice.

7. How does physical activity improve mental health?

A. It releases endorphins that enhance mood

B. It requires social interaction

C. It leads to fatigue

D. It disrupts sleep patterns

Physical activity significantly contributes to improved mental health primarily because it leads to the release of endorphins, which are known as the body's natural mood lifters. Endorphins are neurotransmitters that can create feelings of pleasure and euphoria, often referred to as the "runner's high." This biochemical response diminishes the perception of pain and enhances overall mood, making regular physical activity an effective natural remedy for stress, anxiety, and depression. Engaging in physical activity can also foster a sense of accomplishment, improve self-esteem, and provide an outlet for coping with various life challenges, further enhancing emotional well-being. While social interaction and the physical benefits of activity might contribute positively to mental health, the direct effect of endorphin release is a profound reason for the positive impact of exercise on mental clarity and emotional stability.

8. Which statement by an obese client indicates a need for further teaching about healthy eating habits?

A. "I will engage in aerobic exercises for 20 minutes, three to four times a week."

B. "I will try to consume three nonfat dairy products each day."

C. "I will skip scheduled meals if I do not feel hungry."

D. "I plan to drink eight glasses of water daily."

The statement indicating a need for further teaching about healthy eating habits is the client's plan to skip scheduled meals if they do not feel hungry. Consistent meal timing is crucial for maintaining a stable metabolism and controlling hunger cues. Skipping meals can lead to extreme hunger later on, which may result in overeating or making poor food choices. Regularly scheduled meals help to establish a routine, promote balanced nutrition, and support weight management efforts. In contrast, the other statements reflect positive approaches to healthy eating and lifestyle practices. Engaging in regular aerobic exercise can improve cardiovascular health and aid weight management. Consuming nonfat dairy products can provide essential nutrients like calcium without added fats, contributing to overall health. Additionally, staying hydrated is important for metabolic processes, and aiming to drink eight glasses of water each day is a good practice for maintaining hydration.

9. Which of the following is a strategy for coping with job-related stress for nurses?

- A. Increased workload
- B. Regular physical activity**
- C. Isolation from colleagues
- D. Ignoring stressors

Regular physical activity is considered a highly effective strategy for coping with job-related stress for nurses. Engaging in physical exercise has numerous benefits that can significantly alleviate stress levels. It helps to release endorphins, which are natural mood lifters, and can improve overall mental health. Exercise also provides a constructive outlet for managing stress, allowing individuals to channel their anxiety through movement rather than letting it accumulate. Additionally, regular physical activity can enhance physical health, which is crucial for nurses who often work long hours and face demanding job conditions. In contrast, increased workload could exacerbate stress levels rather than alleviate them. Isolation from colleagues often leads to feelings of loneliness and disconnection, which can increase stress instead of promoting a supportive work environment. Ignoring stressors typically results in unresolved issues that can build up over time, leading to greater stress and burnout. In summary, incorporating regular physical activity into a routine is a proactive approach that empowers nurses to manage stress effectively and maintain their well-being.

10. Using Maslow's hierarchy of needs, what is the nurse's priority action for an older adult client with pneumonia refusing hospital admission?

- A. Encourage verbalization of fears
- B. Provide teaching about new medications
- C. Determine respiratory status**
- D. Assess nutritional needs

In the context of Maslow's hierarchy of needs, the priority action for a nurse when dealing with an older adult client with pneumonia who is refusing hospital admission is to determine respiratory status. This is because physiological needs, such as adequate oxygenation and respiratory function, are the most fundamental level of needs that must be addressed before anything else can be effectively managed. Pneumonia can significantly compromise respiratory function, leading to decreased oxygen levels and potential respiratory failure. Therefore, ensuring that the client's basic physiological need for adequate breathing and oxygen supply is met is paramount. Once the respiratory status is assessed, specific interventions can be planned based on the findings, which informs whether the client may need immediate medical attention or additional support. Encouraging verbalization of fears or providing teaching about new medications, while important, are interventions that come after addressing critical physiological needs. Similarly, assessing nutritional needs is also essential, but in the presence of a respiratory condition like pneumonia, the immediate concern is the client's ability to breathe effectively. Therefore, evaluating the respiratory status takes precedence in this scenario.

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://atinursestouchwellnessselfcare.examzify.com>

We wish you the very best on your exam journey. You've got this!

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