

## Comfort is Strength (2022)

Comfort Theory states that if Comfort is Strengthened or if a high degree of comfort already exists, a person is stronger and better able to engage in health seeking behaviors (HSBs). So what, exactly does that mean? As a retired nurse, I know when comfort exists (or doesn't exist) by observing others and/or by reflecting on my own comfort. When I commit to a task that isn't particularly pleasant, I am more likely to approach that task with organized resolve and a reasonable time frame IF I come from my Comfort Zone. This process can be called an external HSB because it can be observed.

Moreover, It is necessary for me to return to my comfort zones after a challenging task in order to be renewed and restrengthened for the next stressful job. If I am stressed or exhausted before that task is addressed, I will be unorganized, flustered, and mistake prone. I am not doing very well with my desired HSB.

In a practice setting, it is the same. Patients, nurses, and family members need to retreat to a comfort zone for renewal. Hopefully, most nurses have their comfort zone at home, but some will also find it at work with their friends, during a break, at team meetings, etc. This is why I always advocate a mandatory break (with food) away from the unit. Nurses are also instrumental in helping patients be more comfortable so they can heal or do well in therapy (internal HSBs). When family members visit, nurses reach out to them to determine the extent of their comfort and try to improve it with small gestures of caring. Comfort is a basic human need in all settings and a basic function of nursing.