

# Bachelor Thesis Abstrakt

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The Bachelor Thesis is focused on a healthy lifestyle for nurses. The Goal of the thesis was to find out how or if nurses follow the principles of a healthy lifestyle that they educate their patients about and to find out the influence of the nurse's profession on maintaining a healthy lifestyle.

The theoretical part of the work is focused on the description of lifestyle, the specifics of the nurse's profession and the factors influencing the lifestyle (nutrition, activity, rest and relaxation, mental health).

The empirical part of the work presents the results of a questionnaire survey focused on the relationship of nurses to a healthy lifestyle. In connection with the COVID-19 pandemic, the questionnaire also contains a section examining the complexity of work in COVID departments and the impact of this work on maintaining a healthy lifestyle for nurses.