

The rates of burnout among healthcare professionals (HCP) are rising (Gomez-Urquiza et al., 2016). This has personal consequences for the HCP and directly impacts patient outcomes (Salyers et al., 2016). The National Academy of Medicine recommends clinician well-being be a national priority because it poses a significant threat to safe, high-quality care (Dyrbye et al., 2017). Nurses are at the forefront of cancer care. Research indicates that nurses cope with work-related emotions in isolation, increasing risk for burnout. Few interventions address the psycho-social well-being of HCPs. Storytelling Through Music is a 6-week intervention that combines storytelling, writing, music, and stress management skills. This paper is a secondary analysis of a larger, two-group, quasi-experimental study that investigated the feasibility and effect of STM to address workplace emotions related to caring for people with cancer. Descriptive statistics and conventional content analysis were used to evaluate the acceptability of the intervention to address work-related emotions. Participants were oncology nurses (N=43), primarily female, white, and worked in the outpatient setting. Average age was 38.2 years with an average of 8.5 years' oncology experience. On a scale of 0-10 (0-not helpful; 10-very helpful), participants rated how helpful the intervention was for addressing work-related emotions, and the mean rating was 8.9. Participants initially feared the writing process because the writing portion of the intervention exposed their deeply held emotions. They were surprised by how "therapeutic" it was to share their stories and emotions with the group, and they realized they were not alone in their emotional experience. By hearing their story in song, many felt that their emotions transformed from feelings of sadness to something beautiful. Some described that the addition of music touched them in a deeper way and that hearing their story reflected in song deepened their emotional insight.