

UC EDUCATION FORUM: QUICK REFERENCE
MAY 2022

**STAYING POSITIVE,
STAYING HEALTHY**

Strategies to Reduce Workplace Stress

SELF
care
IS NOT SELFISH

Developing Mental Agility

Learning how to "respond to" rather than "react to" stressors may help during a stressful situation. Develop "reflex flexibility" when you encounter a stressful situation where you practice these steps: Pause, Step Back, Reflect, Shift Perspectives, Create Options and Choose your response wisely. This may set a different tone when things get stressful. Developing self-compassion and compassion for others increases cooperation and collaboration. Recognize why others may be stressed and show compassion.



OVERVIEW:

- A positive and healthy work environment is key to optimal patient care.
- A healthy work environment is one that is safe, empowering and satisfying.
- The patient care environment can be stressful due to the very nature of the work that we do.
- Stress is a normal physiologic reaction to certain things but chronic stress can cause health issues.
- Chronic Stress may be the cause of:
 - Hair loss
 - Headaches
 - Asthma
 - Heart Disease
 - Weight gain
 - Diabetes
 - Gastrointestinal issues

Self-Care Strategies

By Tricia Crispi PhD, RN, NPD-BC

Health-promoting self-care behaviors are those things that one does to improve health and increase general well-being. It doesn't have to be related to diet or exercise, it just needs to be something that you do for YOU. It is finding time in your day to care for yourself with the same passion that you use to interact with patients and their families. Rather than taking up time scrolling on social media, unplug from devices and take time for yourself. Listen to a song, a prayer, nature sounds, go for a walk outside, play with children or animals, do a breathing exercise or balancing poses. Practice self-compassion and positive self-talk.

Be kind to yourself when things don't go the way you wish they had. Connecting with friends and family is another way to practice good self-care. And of course getting enough sleep is very important to feeling your best. Time away from work should be restful and restorative.



<https://www.loopsofgray.com/blog/5-minute-self-care>

**"START WHERE
YOU ARE.
USE WHAT
YOU HAVE.
DO WHAT
YOU CAN."**

- ARTHUR ASHE

When things get stressful, know that you have resources. You can TAKE FIVE! This is a simple breathing exercise that you can do anywhere!

<https://www.youtube.com/watch?v=5zhnLG3GW-8>

If you need help from a professional at any time, the Employee Assistance Program (EAP) is available and free to all employees.

<https://eap.partners.org/>

Key Strategies to Becoming More Well



Physical Activity –
MOVE



Healthy Nutrition –
**FRUITS &
VEGETABLES**



Restorative Rest –
SLEEP



Mindfulness –
UNPLUG



Self-Compassion –
KINDNESS



Positive Emotion –
SELF-TALK



Personal
Connections –
RELATIONSHIPS



Meaningful Work –
JOY



Spirituality –
FAITH