

MANAGING STRESS FOR HEALTH CARE WORKERS

A Free Guide by Online Care Courses – www.online-care-courses.co.uk

Ironically, jobs devoted to improving the wellbeing of others can be extremely stress-inducing themselves. The health care industry requires excellent problem solving skills, a deep level of sensitivity towards other people's needs and high attention paid towards time management. Which begs the question, how does someone eliminate stress in the health care sector without sacrificing the quality of the work performed?

STAY POSITIVE

A positive outlook can go a long way to ensuring a good level of mental health. Make a habit of remembering why you choose to work in health care, in particular the things you are grateful for. Some people find it helpful to make a list of these reasons and revisit it whenever they are stressed. This helps put things into perspective whenever your workload feels impossible.

DON'T COMPROMISE - PRIORITISE

Tackle the most important tasks first, prioritising these at a set time each day. Where possible avoid getting into a routine of working overtime on a daily basis. Even if you cannot finish everything during your shift, try and take a break away from work. Consistently working longer than required only serves to increase stress levels. In a job where people are reliant on you for the simplest of tasks, stress can make even the most effective care worker less productive over time.

DO THINGS YOU ENJOY

Make a point of doing activities you love on certain days of the week. Start a new hobby or arrange time away with family and / or friends. This will help ensure you get in to a pattern of working less overtime keeping your energised and refreshed in advance of your next shift.

RECOGNISE THE WARNING SIGNS OF STRESS

Be mindful of the signs of stress in the working lives of yourself and your colleagues. Classic symptoms include;

1. Inability to concentrate
2. Constantly worrying
3. Inability to relax
4. Eating too much
5. Eating too little
6. Insomnia

7. Feeling overwhelmed
8. Dramatic changes in mood
9. Feeling restless or easily agitated

TAKE CARE OF YOURSELF

1. Monitor the food you eat
2. Exercise at least three times per week (ideally daily)
3. Stay clear of addictive substances such as alcohol, nicotine or coffee
4. Make sure you get enough sleep
5. Keep things in perspective – learn to laugh and relax
6. Organise and prioritise your daily tasks

TAKE CONTROL

If you think “I can’t do this”, then you are unlikely to do so. Accept what you can’t change so that you don’t get frustrated or worry too much that things may happen. Instead recognise that you cannot change them and focus your attention on areas where you can influence change.

CONNECT WITH YOUR COLLEAGUES

Working in care can be lonely if you let it become the sole focus of your life. Sharing burdens with other care workers is a great way to overcome problems. Likewise spending time with them outside of work can help you realise that you are not alone. You may find you aren’t the only one suffering from stress and your colleague may have suggestions that help you cope better in the future.

IN SHORT

TAKE A BREATH, RELAX

TAKE CONTROL, ACCEPT WHAT YOU CAN’T CHANGE

AND CONNECT WITH OTHERS