



Be Stress Smart

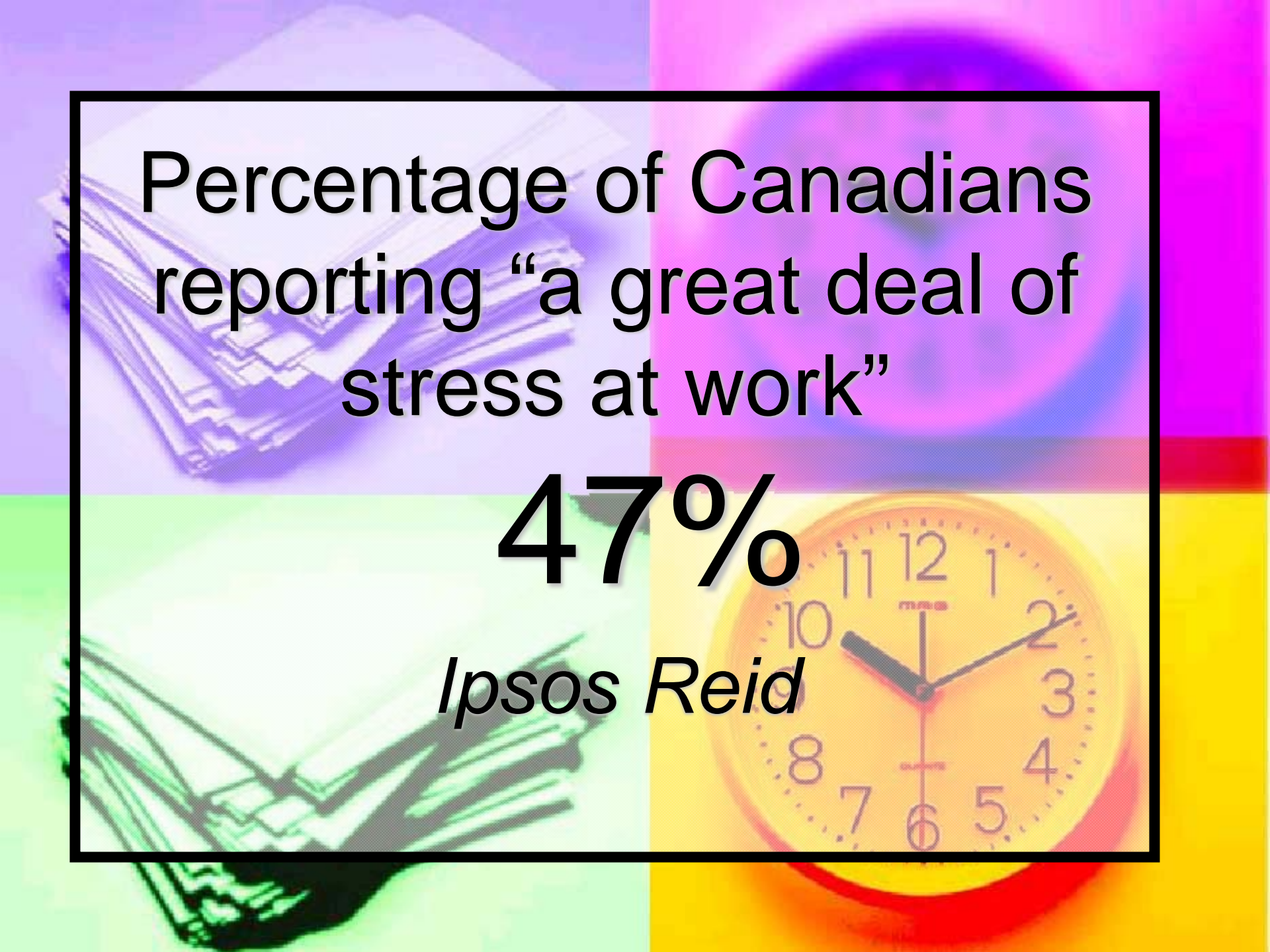


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How often do you feel

STRESSED!



The background is a collage of four colored squares: purple (top-left), pink (top-right), green (bottom-left), and yellow (bottom-right). Overlaid on these are images of a stack of papers in the top-left and a round analog clock in the bottom-right.

Percentage of Canadians
reporting “a great deal of
stress at work”

47%

Ipsos Reid



Hart Report 2001

“1 in 5 nurses who are working in hospitals...say they are going to leave nursing in the next 5 years”

So how do you define stress?

Many would define it as...





"STRESS"

THE CONFUSION CREATED WHEN
ONE'S MIND OVERRIDES THE
BODY'S BASIC DESIRE TO CHOKE
THE LIVING DAYLIGHTS OUT OF
SOMEBODY WHO DESPERATELY
NEEDS IT !

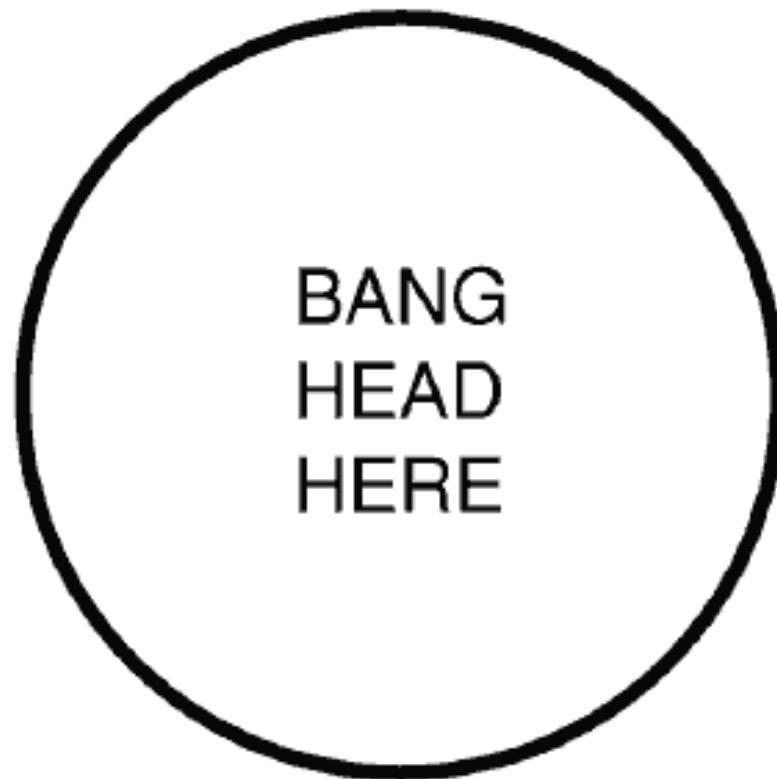


How do we deal with stress?



ANTI-STRESS KIT

1. PLACE ON A FIRM SURFACE
2. FOLLOW DIRECTIONS IN CIRCLE
3. REPEAT UNTIL YOU ARE UNSTRESSED
OR BECOME UNCONSCIOUS



SOME SMART WAYS TO DEAL WITH STRESS

- Talk to your peers about how they handle stress.
- Ask for assistance or emotional support from your peers and give it in return.
- Talk about how you feel.
- Take breaks with your peers.
- Share food with others.
- Avoid dulling the pain.



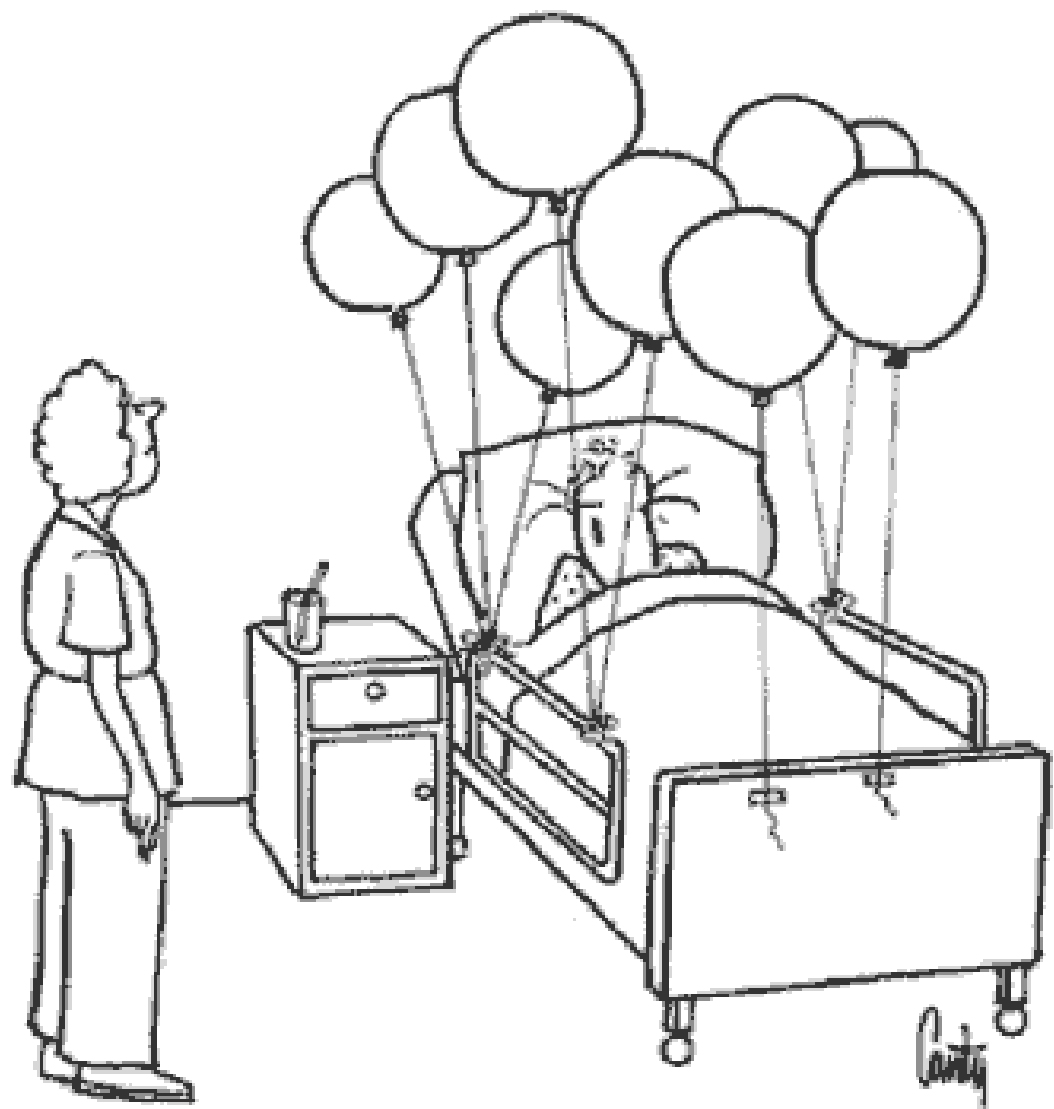
Some More ways...





LAUGH

With yourself and others!



"Nurse, bring me a pin!"



Laughter is good
medicine

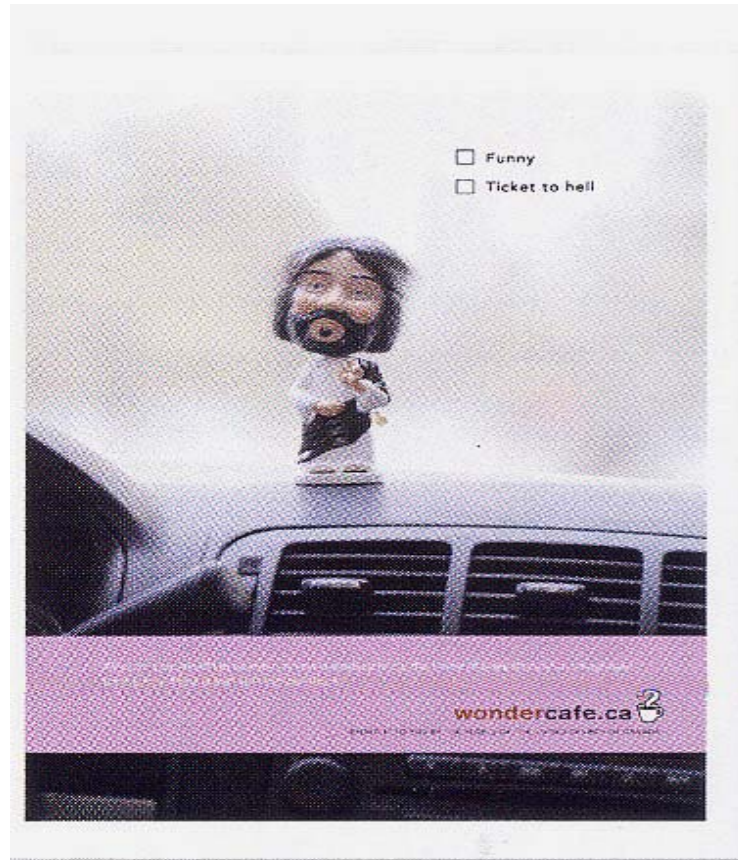
Learn how to...

CRY

and let your emotions out



Don't Be So Serious!



Learn to

Be yourself
and relax!





Be Stress Smart



Thank you!