

Session 8
Stress Reduction for Staff;
Taking Care of the Caregiver



Caring for others can drain you of your energy, your motivation and your ability to contribute to the healing of the people you encounter. Just as flight attendants encourage passengers to place the oxygen masks on themselves before they help others who need assistance, so must we as healthcare providers care for ourselves. This program will give you ways to keep your attitude in check, refocus your commitment to caring for others, and find ways to manage the inevitable stress that comes along with the territory.

Each Attendee will:

- Learn how to identify common signs and symptoms of unhealthy stress
- Identify elements in their surroundings that contribute to stress and how to modify them
- Discover ways to handle anger and anxiety in a professional and productive manner
- Gain 10 Strategies to successfully handle stress
- Learn the 5 steps that make handling change so stressful, and what they can do about it.
- Identify self-defeating behaviors that may contribute to stress and learn how to eliminate them

And much more...