

## Stress at Work

- What types of employment are present, who have we got? Nurses, administrators, custodial.....each task receives different stress
- What is stress?
  - **Physical and mental** influences on the body are stressors, stress is the action of our body trying to cope with stressors
  - **Good and bad** can both be overwhelming – Crying happy and sad
  - Our bodies deal with stress naturally by releasing a hormone called **cortisol** – enables our bodies to deal with the stressor – **flight or fight**
  - Ponder this.....we have been taught in society to always think about our actions, **talk things out, hold your temper** (not good keeping things bottled up), great for society terrible on our physical health....
  - **Long term heightened Cortisol** levels are being linked to -> obesity, muscle loss, diabetes, heart disease, memory fade, depression, and cancers, and aside from cancer what do we know for sure treats all of the above?????
- **Realize you have a highly stressful job** and why.....this place.....people don't come to a hospital usually because they are happy and feeling good.....
  - Realize you **can't just control stress at work without controlling all the stresses in your life.....being healthy is a lifestyle.....balance** of rest, nutrition, exercise, pleasure, anything is good in small doses.....we all have vices
  - Things to do at work leave **home at home, leave work at work**.....easier said than done I know
  - When work begins to bother you take a minute to rest, **deep breathing** is very easy to do and very **underrated**
  - When you are **overworked physically** take a minute.....stretch

- **When you are on break use it**
  - When something at work is **bothering you deal with it**.....otherwise you will be fueling a fire
  - If you are the **boss realize this** be easy to talk to.....**very hard dealing** with short staffing, cut backs...too much work not enough time in the shift
  - Simple things.....**don't be hungry** (once in a while eat what you like)....**sleep well**.....do things you like to do (gives you **positive things to look forward to instead** of always thinking about less enjoying things like work) ..... It's hard to do now but make **sure you enjoy work**..... don't do it solely because it was what your parents or partner want you to do do it because it is what you have an interest in.....**I am an rmt because**.....and right here doing what we are doing **communication talking helps**
  - Your body will tell you what you need, agitated exercise, hungry eat, tired sleep, bored add pleasure/excitement.
- **Psychoneuroimmunology** PNI, mental state, nervous and immune systems all connected.....what effects one effects all
  - **Be a little selfish**.....it is healthy to ask yourself what do you want? You can't be a good **parent, partner, employee, employeur** if you aren't happy and healthy.....**is it easy no that's why we are here talking about it**.....**kids spouses other family members mess with our timetables**...very easy to fall off wagon but **only one person has full control over your health and stress!!!!** Always remember that