



Combatting Stress

Sleep

- Sleep is very important and can aid with one's stress.
- Let go of expectations that are unrealistic and perfectionist
- Look for ways to delegate more
- Learn assertiveness, progressive relaxation, and other techniques to better cope.

Some Holistic approaches:

- Head outdoors: walk, soak in sunshine, breathe fresh air!
- Self-care with Yoga, Tai chi and a body massage.
- Nurture you spirit: contemplative prayer, meditation and mindfulness.
- Engage with supportive peers: speak with clarity and confidence.
- Diaphragmatic Breathing!

Simple steps to stress reduction

- Find a refuge. Remove yourself from the stressful situation, find a quiet spot, alone.
- Stop and breathe. Sit, close your eyes, take some deep breaths. Become calm and distance from the stressful situation.
- Take your physical and emotional pulse. Release the tension in your body, identify the dominant emotion you are feeling.
- Search for the source of the emotion. What triggered your feelings? What can you do to respond to the source of your stress? Focus on what YOU can change.
- Make a decision for change. Before leaving your refuge, decide to change at least one thing that led to your stress.
(Source: *Easing the Burden of Stress* by Dr. Wayne Oates)

Completely and profoundly accept, love and forgive yourself, charity begins with YOU.

1. Use humor and positive talk at work and in your personal/family life.
2. Learn to SMILE :) and LAUGH again and also be ready to give and receive HUGs. Can you?
3. Show more appreciation and gratitude to yourself by using kind words and actions - you'll see others follow you!
4. Be open to modalities like Guided Imagery, Tapping/Emotional Freedom Technique (EFT) to help you relax and be in control of stress.
5. Avoid the use of harmful drugs and alcohol and make use of Employee Assistance Program (EAP) at work, as needed.

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