

MANAGING STRESS



Introduction:

Taking care of yourself when you are taking care of others can result in high stress levels if you do not manage the stress and establish boundaries. Today we are going to identify some stressors for the Home Healthcare Worker and discuss boundaries for those situations. We are going to review the top practices to manage stress and allow you to set your own goals.

Stressful Situations:

Out of the 8 situations below, which are the top 2 that stress you the most in your current work?

1. You are concerned about your client's health, level of pain, or imminent death.	5. The neighborhood feels unsafe.
2. The house is cluttered, filthy or is difficult to work in.	6. There is tension among people living in the client's home.
3. Your client is very picky, demanding, critical, or unpleasant to work with.	7. You are experiencing tension or trouble at your own home.
4. You don't like how people in the home talk to and treat one another.	8. You work additional unpaid time to take care of all of your client's needs.

Share ideas on how to establish boundaries on the top stressful situations in your group.

Managing Stress:

Below are the common practices to manage stress. Share with the group which one would help you reduce stress the most at this time.

- a. Exercise
- b. Eating Well and Nutritiously
- c. Talk with a Friend or Counselor
- d. Increase the amount of sleep you get
- e. Get up to date on vaccinations, especially flu
- f. Decrease use of alcohol, tobacco, or caffeine
- g. Make time every day to relax, laugh, and reflect

