

# STRESSED?

Nursing is one of the top 10 careers that encounter stress while at work.

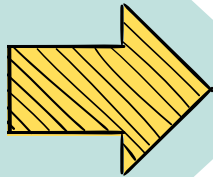
“A rollercoaster of emotions”

Stress can become a problem when encountering depression spikes, anxiety attacks and especially mental health issues.

The feeling of stress and anxiety during nursing school is normal, so do not fear as you're not alone.



## Types of stress factors...



- Increased patient load during flu season
- Lack of organization
- Lack of communication among coworkers
- Poor teammates
- No mental health days
- Violence towards providers from patients

## Outcomes of stress:

Alcoholism, PTSD, depression, and anxiety rise to excessive rates due to stress.

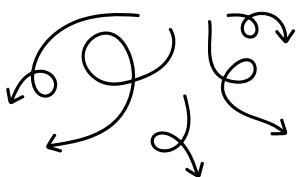


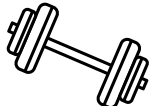

Many nurses discover personal issues occurring due to work related stress:

- Spouses cheating
- No valuable time with children or spouse
- Long work hours causing no time for personal doings
- Divorce
- Long term child care
- Drinking is often used as a coping method



## Strategies to help cope with stress:



- deep breathing 
- adequate sleep
- limiting alcohol 
- seek mental health therapy
- talk through your stress, don't bottle it up!
- regular exercise
- balanced diet
- participate in more things that make you *Happy*