

What Are Some Ways to Deal With Stress?

by Sophia Tutorial



WHAT'S COVERED

This lesson will identify strategies that can be used when dealing with stress. Specifically, it will cover:

1. Strategies

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Now that we have had the opportunity to discuss how stress is inherent in the role of a nurse leader, what triggers stress and ways to mitigate it—how does the nurse leader take care of themselves? A perusal of the literature indicates that topics around self-care, mindfulness, stress management and resilience abound.

As a nurse leader—how do you help yourself? First of all never forget that humor, used effectively, is an excellent way to break the ice and relieve tension. Remember it is not always appropriate—but when used in the right way—humor can relieve stress. Other strategies include:

- Learning to practice mindfulness
- Finding your happy place
- Practicing breathing exercises
- Journaling
- Focusing on the positive
- Phoning a friend
- Make your time off truly time off—don't work on weekends
- Exercising
- Meditating



BIG IDEA

Sounds so easy, doesn't it? But when you are already stressed due to a lack of time and resources—how do you manage? By recognizing that taking that moment to refresh and relax, taking that deep breath, taking time for yourself, you can actually make yourself more effective when you are working. Try it on for size!

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Support

If you are struggling with a concept or terminology in the course, you may contact **NurseLeaderSupport@capella.edu** for assistance.

If you are having technical issues, please contact **learningcoach@sophia.org**.