



Stress Awareness

NURSE'S NOTES



Stress is a physical, mental, or emotional strain or tension



Over half of people with disabilities report a great deal of stress and say it makes it difficult to manage their disability



Causes of stress can be health related conditions, financial problems, life changes, problems with work, and relationship problems



Reactions to stress can be feelings of disbelief, fear, anger, sadness, and worry, changes in appetite, and energy, difficulty sleeping and making decisions, worsening of chronic health and mental health conditions



Over 90% of people who use tips to reduce stress report a reduction in stress, however, many of those that have stress report not using any tips to reduce it



Over 70% of people reported that at one point, stress led them to make positive life changes

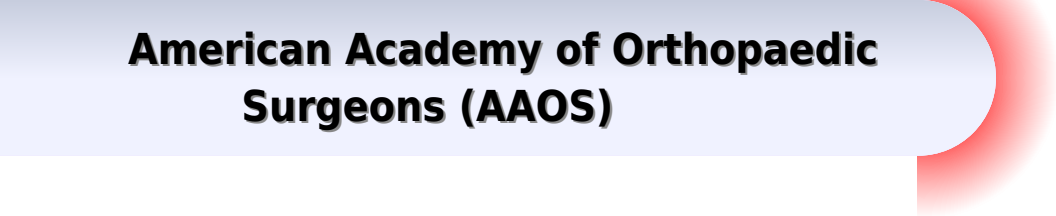


Stress Management Tips

1. Take care of yourself (exercise, sleep, eat healthy)
2. Spend time with family and friends
3. Seek more help if needed (therapy, pastor, etc.)
4. Avoid drugs and alcohol
5. Spend more time outdoors or doing hobbies
6. Spend time with pets and animals
7. Limit time/take breaks from news and social media
8. Deep breaths, meditation, prayer

Stress Management For The Emergency Care Provider

**American Academy of Orthopaedic
Surgeons (AAOS)**



Stress Management For The Emergency Care Provider:

Reviewing **Stress Management For The Emergency Care Provider**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**Stress Management For The Emergency Care Provider**," an enthralling opus penned by a highly acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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