



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

Scott C. Dulebohn



Stress Management For The Emergency Care Provider:

The Enigmatic Realm of **Stress Management For The Emergency Care Provider**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing in short supply of extraordinary. Within the captivating pages of **Stress Management For The Emergency Care Provider** a literary masterpiece penned with a renowned author, readers embark on a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of people who partake in its reading experience.

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