

Managing Stress

Here are five ways to help deal with the stressful nature of working in healthcare

Get good sleep -

Working unusual hours and long shifts can take a toll on your well-being. For better sleep try blackout curtains, not eating before bed and lowering caffeine intake.



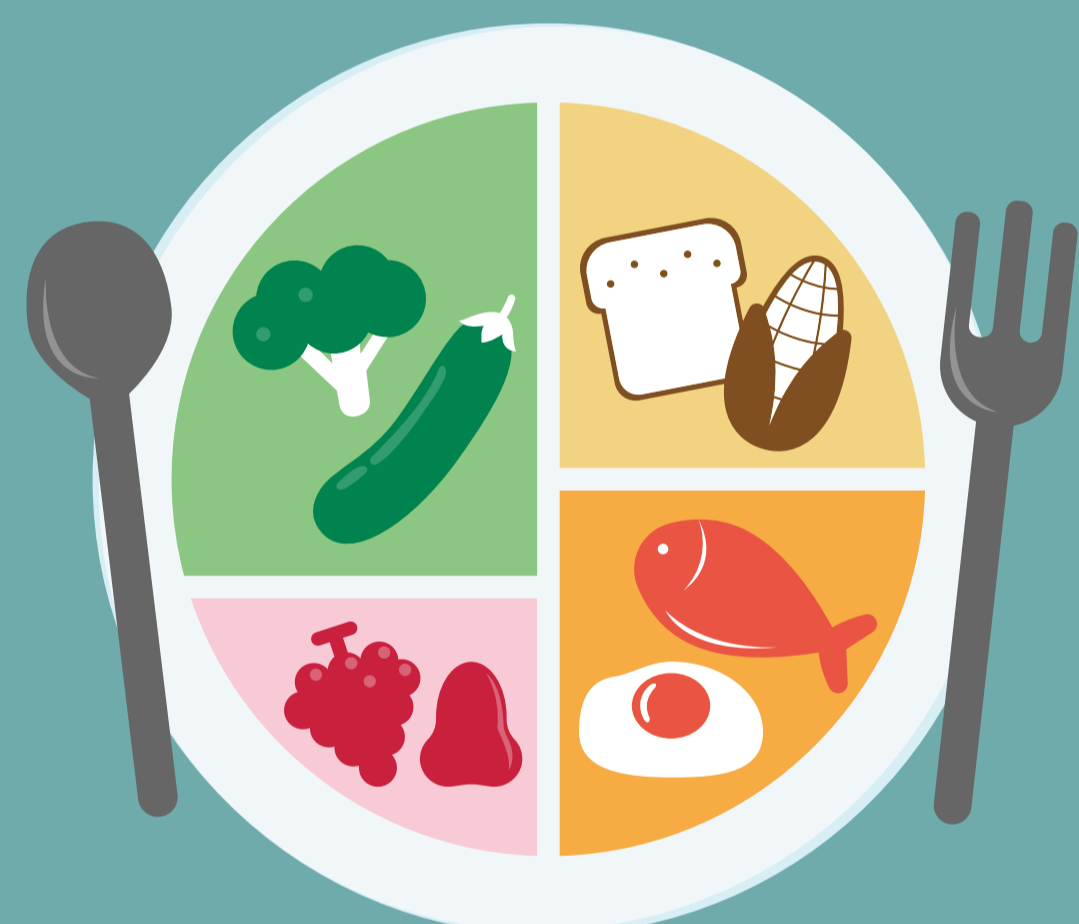
Talk about your problems -

When dealing with lots of patients, it can be easy to take on their additional stress, try talking to family and friends if things are bothering you.



Eating well -

Eating a regular, well-balanced diet consisting of vegetables, fruit, whole grains and lean protein will mean that you have sufficient energy and will feel better in general.



Take a break -

Whether it's a five minute breather or a short holiday abroad, taking breaks to ground yourself and have a breather are vital for managing stress.



Take a deep breath -

Simple deep breathing exercises have been proven to reduce stress and rejuvenate your mood, whilst helping you relax.



If you are feeling overwhelmed, anxious, or stressed, know that you are not alone.

If you seek further assistance please visit;

www.stress.org.uk/