

Disclosure

I have no actual or potential conflict of interest in relation to this program/presentation



Course Objectives:

1. Understanding stress triggers
2. Learn how stress interferes with productivity
3. Manage workplace and personal stressors



What brings on stress at home?

Finances	Relationships	Repairs	Health

What brings on stress at work?

Too many things to do	Difficult patients	Staff Issues	Lack of organization



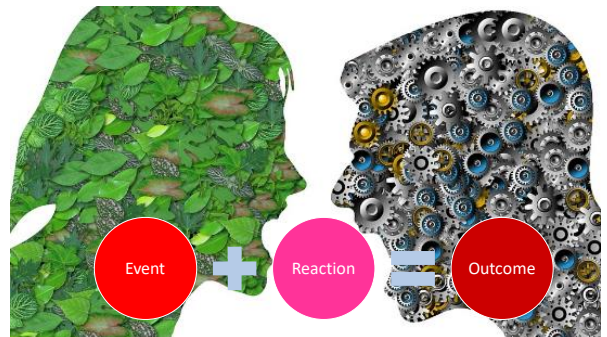
http://psychologytoday.tests.psychtests.com/take_test.php?idRegTest=3362

Negative Outcomes

- Burnout
- Procrastination
- Absenteeism
- Outbursts
- Fatigue



Signs and Symptoms

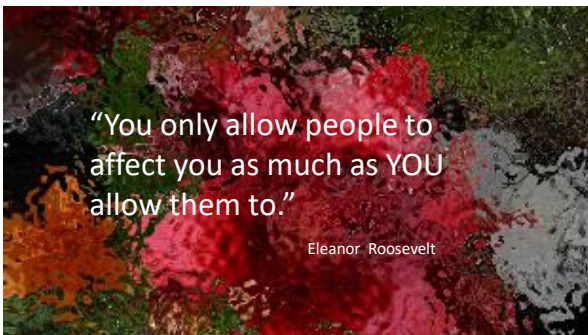




How full is
your stress
level?



RELAX



"You only allow people to
affect you as much as YOU
allow them to."

Eleanor Roosevelt

**WATCH FISH IN AN
AQUARIUM**

Have a foot
spa at
work

Eat Chocolate

Special "Happy place" photo album

Listen to music or sing

RELAX RELAX RELAX RELAX RELAX

