

The background of the slide features a large, faint watermark of the University of Delaware seal. The seal is circular and contains a shield with the words 'GRAMM', 'PHILOSOPHIA', 'RHETORICA', 'ETHICA', 'METAPHYSICA', and 'MATHEMATICA'. Below the shield is the year '1743' and the text 'UNIVERSITY OF DELAWARE'.

# Supporting the Mental Health of Nurses Through Stress Reduction Techniques

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# Disclosure

- The authors of this presentation, Drs. Jennifer Graber and Jennifer Saylor from the University of Delaware state that there are no conflicts of interest and there are no sponsorships or commercial support given to the authors regarding this presentation.

# Presenters



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# Purpose

- Discuss the importance of mental health of nurses in the workplace.
- Learn stress reduction techniques and healthy lifestyle behaviors that will promote positive mental health and well-being in the workplace.
- Address stress management and healthy lifestyle behaviors.



# Objectives

- The learner will be able to:
  - demonstrate personal practice of stress reduction techniques to improve mental health.
  - incorporate healthy lifestyle behaviors to support mental health of nurses in the workplace.

# Stress in Today's Healthcare Workforce

- Lack of healthy behaviors and personal self care can lead to physical illness and emotional distress.
- Do you feel pressure at work?
- This continuous work pressure, and stress may lead you to search for work-life balance.
- It is important for healthcare providers to use effective adaptive stress management techniques to help with healthy work-life balance.

# Healthy Lifestyle Behaviors

- What is stress?
  - Effects of stress on the body
  - Sources of stress
- What is relaxation?
  - Stress Reduction
  - Stress Management Techniques



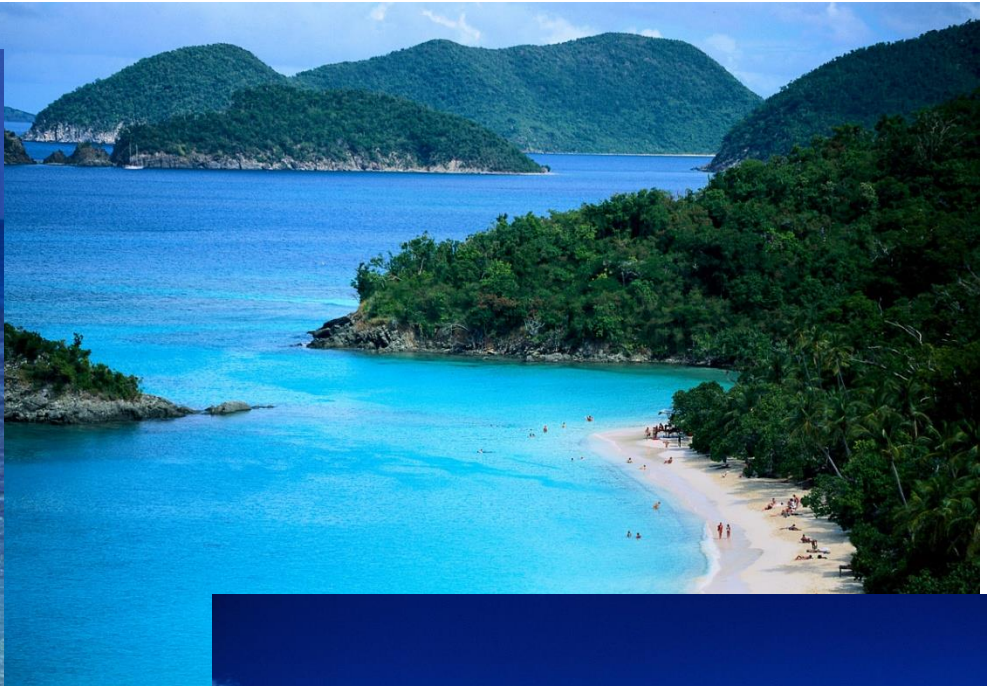


# Stress Reduction

- Guided imagery
- Progressive muscle relaxation
- Mindfulness meditation
- Life priorities/goals
- Work-life balance
- Time management
- Saying “no” to others and “yes” to yourself
- Scheduling “me time”







# Conclusion

- Personal adaptability and reactions in stressful situations
- Guidance and personal practice
- Maintain and sustain personal mental health
- Mental health of nurses is important now more than ever

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# Questions