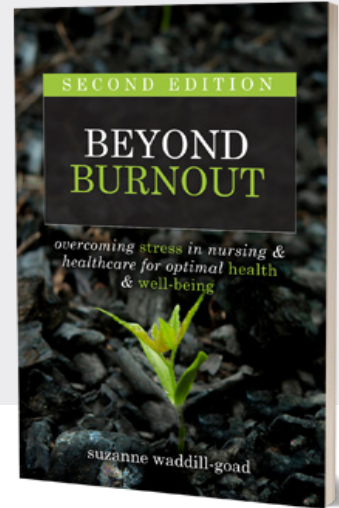


Are you ready to move beyond burnout?

Beyond Burnout: Overcoming Stress in Nursing & Healthcare for Optimal Health & Well-Being, Second Edition, provides strategies and up-to-date, data-driven information for building hardiness and resilience so that nurses and other healthcare workers can successfully navigate their increasingly challenging environment while reducing stress and preventing burnout.



DID YOU KNOW?

- Nursing is the largest workforce in the healthcare occupation classification.
- Nurses experience more stress than the wider working population.
- Stress is estimated to cost the US economy over \$300 billion per year.
- It is estimated that 70–90% of all primary care visits to see a medical provider are for stress-related conditions.
- Chronic stress puts your health at risk by affecting your body's physical, mental, and emotional equilibrium.
- Stress has the ability to negatively interfere with sleep, energy management, and overall human performance.
- High levels of the hormone cortisol (from chronic stress) can potentiate a cascade of other hormonal imbalances and damage the metabolic and biologic processes in your body over time.
- Stress can potentiate fatigue, and fatigued workers suffer more work-related injuries.
- Stress, fatigue, and burnout are connected.
- As of 2020, there are now five generations of people in the workforce all bringing different expectations of what they want from their work.
- Workplace culture can trump the best planned business strategy.

DON'T DESPAIR!

- The art and science of the healing healthcare professions can be revived.
- There can be an upside of stress if tactically managed.
- Leadership has been cited as perhaps the single most important element in any successful business enterprise.
- Gratitude has the ability to improve your health and well-being.
- Diversity in healthcare is growing to better match the US population.
- You can think about what you need to do your best work and then ask for it.
- Hardiness insulates you from stressful conditions.

About the author

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