

**Title:**

Work Stress

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**Session Title:**

Rising Stars of Nursing Invited Posters - Group 1

**Slot (superslotted):**

RSG STR 1: Thursday, September 25, 2014: 9:45 AM-10:30 AM

**Slot (superslotted):**

RSG STR 1: Thursday, September 25, 2014: 2:30 PM-3:15 PM

**Keywords:**

Employee Satisfaction, Team Building and Work Stress

**References:**

[www.medicinenet.com](http://www.medicinenet.com) [www.indiana.edu/~engs/hints/stress](http://www.indiana.edu/~engs/hints/stress) [www.helpguide.org/mental/stresssigns.html](http://www.helpguide.org/mental/stresssigns.html)

**Learning Activity:**

LEARNING OBJECTIVES	EXPANDED CONTENT OUTLINE	TIME ALLOTTED	FACULTY/SPEAKER	TEACHING/LEARNING METHOD	EVALUATION/FEEDBACK
<b>Example</b>  Critique selected definition of the term, "curriculum"	<b>Example</b>  Definitions of "curriculum"  Course of study Arrangements of instructional materials The subject matter that is taught Cultural	<b>Example</b>  20 minutes	<b>Example</b>  Name, Credentials	<b>Example</b>  Lecture PowerPoint presentation Participant feedback	<b>Example</b>  Group discussion: What does cultural training mean to you?

	"training"  Planned engagement of learners				
Identify the areas that trigger stress.	Stressors in the work environment and what some of the triggers are.	5 minutes	Zalika Jackson Ladet	Lecture Participant Feedback	Group Discussion: Do you Have stress triggers on your job?
Examine ways to manage stress, handling hostile environments, moral conflicts and workloads.	Definition of Manage Stress; Handle, address, and consider options to decrease ones stress.	5 minutes	Zalika Jackson Ladet	Lecture Participant Feedback	Group Discussion: What are ways you can manage your stress on your job?
Develop a plan to implement team building activities inside and outside of the workplace.	Definition of Team Building; Things done in a group setting to build trust in one another. Activities of fun to take the mind off of the	5 minutes	Zalika Jackson Ladet	Lecture Participant Feedback	Group Discussion: What can you implement at your job that will help reduce stress for you and your coworkers?

		stressors on the job.				
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## Abstract

It is easy for health care professionals to take care of others yet neglect themselves. Long hours, moral conflict, workload, outside of work drama, coworkers and a list of other stressors makes it easy to fall victim to stress. The first goal is to acknowledge that it exists and that it is affecting the overall quality of life including health, attitude, sleep, and overall well-being. Continuous chronic stress can cause physical health problems and may lead to death. It is important for individuals to acknowledge and become more informed on those things that trigger stress. Health care professionals need to get involved in teambuilding activities inside and outside of the workplace in order to minimize stress on the job.