

Dealing with Stress



Stress Management for Health Care Professionals

Working in the healthcare field can be stressful for many reasons. Stress at the workplace could stem from unmanageable loads of work, being exposed to trauma, long and or irregular work hours, and workplace bullying and tension. If stress is not managed carefully, it can negatively impact the mental, emotional, and physical health of the individual, as well as productivity at the workplace. The negative cycle is difficult to break but with a few management interventions it becomes easier to manage the stress.

- **Setting Boundaries:** It's important to organize time and to set boundaries. For example, set a later time to check emails or to make calls. This intervention allows you to take time away from work to recharge mentally.
- **Professional Relationships:** It's important to build a healthy professional relationship with your colleagues and patients. A happy and cooperative team will be the most beneficial for the patients.

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- **Speaking up:** Speaking up at work is always highly recommended. There is obviously the right time and place to do so but speaking up can help with clarification and understanding.
- **Taking Breaks:** Taking breaks is one of the most common things to do no matter the duration. Examples of taking a break include eating away from the workplace, taking a short walk, taking a vacation to be with family and friends. Its important to do theses to prevent a “burnout” overwork and exhaustion.

Stress is part of everyday life and its unavoidable. The key thing to do is how to manage stress to prevent it from becoming detrimental. Knowing what’s the stressor and how to manage it can be the difference from an enjoyable and successful career.

Reference: Trends in Urology & Men’s Health- Dealing with Stress at work by Roger Kirby

Link: <https://wchh.onlinelibrary.wiley.com/doi/full/10.1002/tre.896>

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