

Building Resilience to Stress

Importance of Self Care

- A responsibility to self, colleagues and the community

What is Occupational Stress?

- Individual
- Environment

Who are at High Risk of Occupational Stress?

- Helping professionals (social workers, teachers, lawyers, psychologists, doctors)
- Those who require exacting attention (air traffic control, doctors)
- Those who deal with life and death situations (surgeons, doctors)
- Those working under demanding time schedules (television crews, doctors, teachers)
- Those who are socially criticized (working at a nuclear plant)

Well researched job stressors

- Role Ambiguity, Role Overload, Role Insufficiency, Tasks without end, Impossible Tasks, Physical Environment, No Win situations, Value Conflicts

Some Symptoms of job stress

- Negative emotions, Interpersonal Problems, Health Problems, Declining Performance, Substance Use, Feelings of meaninglessness

Some Strategies for Self-Care

- Cognitive Strategies (Self-talk, Efficient Thinking)
- The balance between work, rest and play, identify Social resources,
- Physical Exercise, Nutrition
- Planning and addressing procrastination
- Identifying and Managing a stress carrier
- Goal Setting
- Developing Emotional Intelligence
- Visualization techniques
- Progressive Muscle Relaxation