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Recognising and managing stress during Covid-19

This session will begin at 2pm



- ✓ Please do **not share** identifiable private health information.
- ✓ Please identify yourself every time you speak.
- ✓ We will operate the muting and unmuting of your microphone.
- ✓ The Hospice Waikato Palliative Care TeleECHO clinic will provide registered nurses with 1-hour of professional development.

Recognising Stress in the Workplace



The Impact of Stress in the Workplace

- Alienation
- Job dissatisfaction
- Reduced performance
- Absenteeism
- Staff turnover



Causes of Stress - Stressors

- External factors – currently, those things that maybe outside our control. Anything that puts high demands on you.
- Self-generated stress - when you worry excessively about something that may or may not happen, or have irrational, pessimistic thoughts about life.



How much is too much stress?

- Because of the widespread damage stress can cause, it is important to know your own limit.
- But just how much stress is “too much” differs from person to person.
- Some people seem to be able to roll with life’s punches, while others tend to crumble in the face of small obstacles or frustrations.
- Some people even thrive on the excitement of a high-stress lifestyle.



Recognise the Signs of Stress

- *Physical* – Arousal; raised heart rate; headache; shallow/fast breathing; aches and pains; diarrhea or constipation; nausea; dizziness; chest pain; loss of sex drive; frequent colds or flu; lethargic; hair loss
- *Emotional* - Depression or general unhappiness; anxiety and agitation; moodiness; irritability, or anger; feeling overwhelmed; loneliness and isolation
- *Cognitive* - Memory problems; inability to concentrate; poor judgment; catastrophizing - seeing only the negative; ruminating – going over and over what has happened or happening; anxious or racing thoughts; constant worrying
- *Physical* - Eating more or less; sleeping too much or too little; withdrawing from others; procrastinating or neglecting responsibilities; using alcohol, cigarettes, or drugs to relax; nervous habits (e.g. nail biting, pacing)
- *Spiritual* – Feeling hopeless; lack of meaning and sense of purpose; joyless striving
- *Behavioural* – change in sleep patterns - too little or too much sleep; change in eating – too much or too little; nail biting; alcohol and drug use.

When Stress Becomes a Problem

- Burn out
- Compassion fatigue
- Vicarious Trauma
- Moral Distress