

## 10 Stress Busters

1. Create a relaxing nook on your unit. Designate the space as the relaxation nook (or make up a clever name for your unit/department such as “No crisis zone” or “Radiology rejuvenation area”). Don’t allow phone calls in the relaxation nook. Ask staff members to bring in an old couch or recliner, old magazines, a lamp, pillows, a tabletop water fountain, a clock (so no one goes over his or her allotted break time), and maybe a CD player. Be creative!
2. During a break, get a group of nurses and a bunch of Tootsie Pops. Find out how many licks it takes to get to the center.
3. Do something special to recognize and reward yourself when you finish a project or help a coworker. Giving yourself a chance to reflect, appreciate your accomplishments, and reenergize is essential to staying fresh and effective.
4. Schedule a monthly themed dinner party with your coworkers. Have the dinner hosted at a different house each month.
5. Laugh and let other staff hear you chuckle! Laughter is contagious, so let your good mood affect others in a positive way.
6. Listen to upbeat music on your way to and from work to relax and release tension.
7. Rent a funny movie—or a chick flick (if applicable!)—and order takeout while relaxing on the couch.
8. Place inspirational quotes in your car and on the nursing unit to be reminded daily of words of strength and wisdom.
9. Take a walk to the newborn nursery. Who wouldn’t be happy after seeing a new life?
10. Try something new such as taking a pottery or a yoga class, visiting an art museum, playing golf, or attending a musical play.

*Compiled from HCPro, Inc., resources.*