

# 5 STRESS-RELIEF STRATEGIES FOR LONG-TERM CARE NURSES

This workbook will guide you through 5 hands-on and interactive activities to help ease your stress on the job

# INSTRUCTOR



## **SYLVIA ABBEYQUAYE PH.D. MPA RN** **Nurse Staff Developement Expert**

My Name is Sylvia Abbeyquaye, Ph.D., MPA RN CEO, Author, and founder of NSDxpert Education and Consulting Services. I have 20+ years of experience in long-term care practice and am a consultant with the VLLIP project. I work with facilities to develop training and orientation programs to improve compliance and staff retention and foster a healthy work environment.



# WHAT WE PROMISE IN THIS COURSE

This course aims to equip long-term care nurses with practical strategies to manage and alleviate stress in the workplace. The curriculum focuses on identifying stressors unique to long-term care settings, understanding the impact of stress on personal and professional well-being, and implementing five core strategies to reduce stress. Through interactive discussions, real-life scenarios, and practical exercises, participants will learn how to improve time management, communication, teamwork, personal growth, and social engagement. By the end of the course, nurses will be better prepared to foster a healthier work environment, enhance job satisfaction, and improve patient care outcomes.

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Work stress negatively impacts our physical, psychological, and emotional health as nurses.

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# INTRODUCTION

Work stress negatively impacts our health as nurses. Several studies have shown that workload is associated with physical and mental problems, sleep disorders, and individual and family problems. (Saedpanah, et al., 2023). Work-related stress is also associated with burnout, job satisfaction, and nurse retention. (Khamisa, et al., 2015). Therefore, we must create a less stressful work environment to improve nurse retention. (Lo et al., 2018) and our general wellbeing.





A photograph of three healthcare professionals in blue scrubs. On the left, a young man with dark hair is smiling and looking towards the center. In the center, an older man with a grey beard and balding head is smiling broadly, looking towards the right. On the right, a woman with dark hair is smiling and looking towards the center. They are all wearing stethoscopes and have hospital ID badges. A semi-transparent blue rectangle is overlaid on the image, containing the text. The background is a blurred outdoor setting with a building.

||

**“Learning is a  
treasure that  
will follow its  
owner  
everywhere.” —**

Chinese Proverb



# ACTIVITY #1

**LIST YOUR THREE BIGGEST STRESSORS AT THE WORKPLACE.**



**NOTES:**

# ACTIVITY #2

## SELF REFLECTION EXERCISE

Reflect on how your actions may enhance or contribute to workplace stress.

### NOTES:

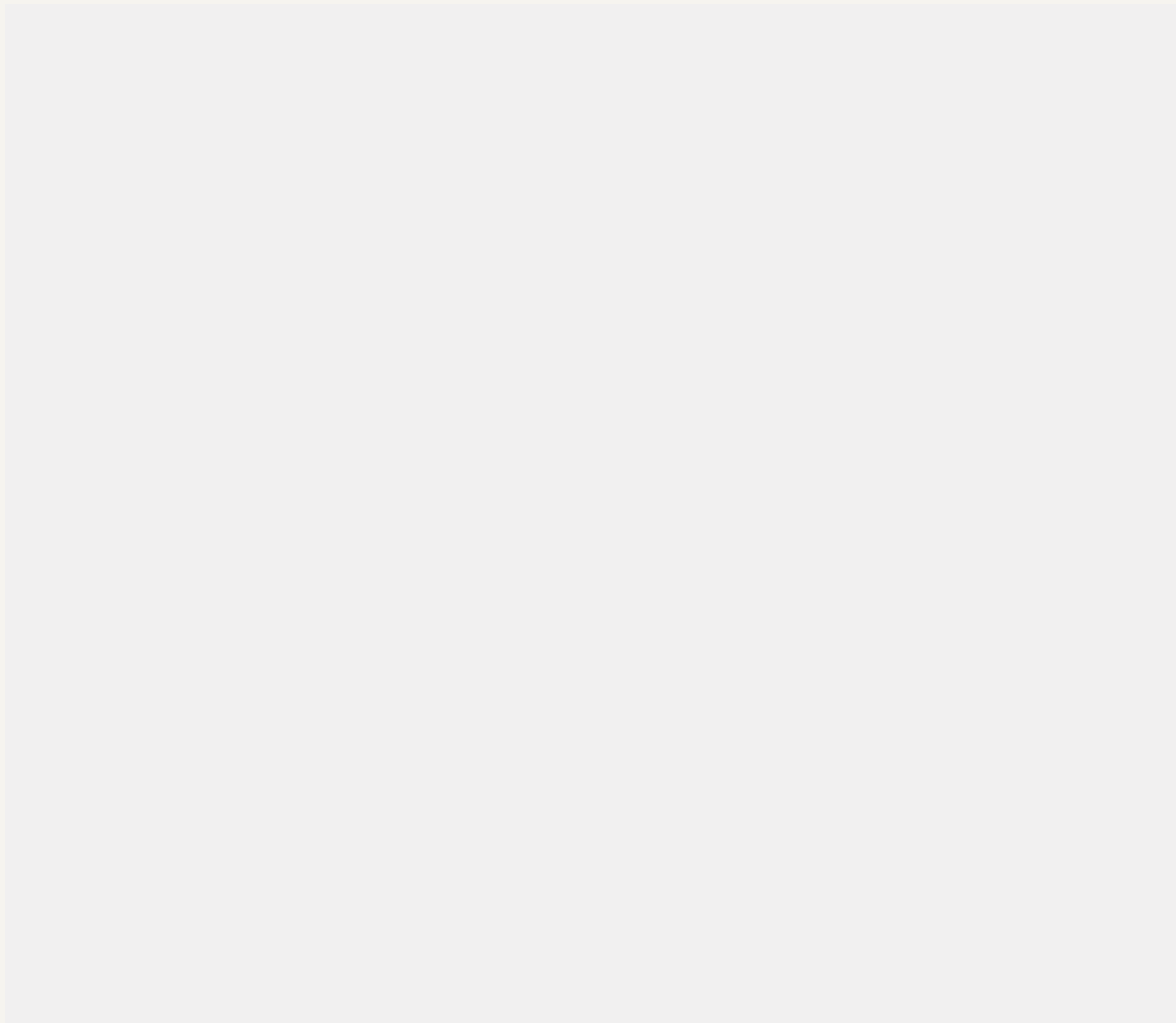


# ACTIVITY #3

## PRIORITIZATION

1. List the tasks you plan to do today at the workplace
2. Group the task into the four Eisenhower Matrix categories
3. What lesson did you learn from this activity?

### NOTES:



# ACTIVITY #4

## SELF REFLECTION EXERCISE - TEAMWORK AND COLLABORATION

1. Reflect on whether you are a team member or a team player.
2. If you are a team member, list two things you could do differently to help you become a team player.



### NOTES:



# ACTIVITY #5

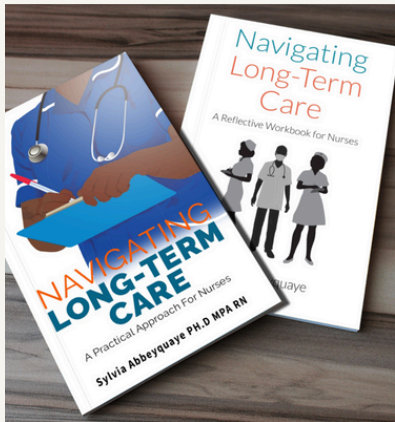
## SELF-CARE

1. List two self-care interventions you currently use to ease stress at the workplace
2. List two continuing education opportunities you would explore to ease your stress at work
3. Write one mentorship goal



## NOTES:

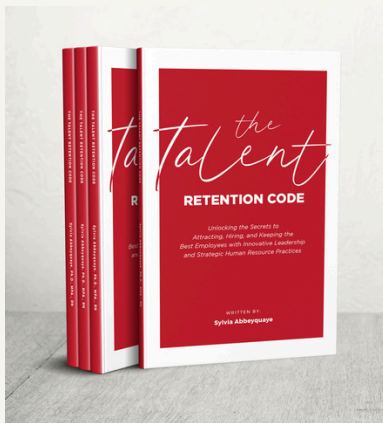
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## NAVIGATING LONG-TERM CARE: A PRACTICAL APPROACH FOR NURSES

Navigating Long-Term Care: A Practical Approach for Nurses is a comprehensive guide for long-term care nurses to enhance their understanding of state and federal regulations, and work processes.

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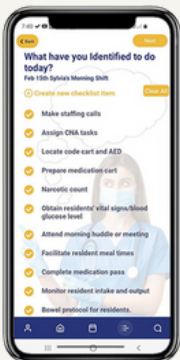


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