

# IN REGISTERED NURSES, HOW DOES PRACTICING STRESS MANAGEMENT COMPARED TO THOSE WHO DON'T PREVENT BURNOUT?

By Hailey Carroll, Victoria Trancoso, Julia Wobensmith, Nicole Escobar, Katie Gilbert, Camdyn Smith, and Brett White



## WHAT IS BURNOUT?

Burnout is when an individual is exposed to both physical and psychological stressors which results in a decline in the ability to maintain emotional, physical, and professional functioning (Cocchiara et al., 2019).

## STATISTICS

- A study that contained 91 nurses showed that 14.3% of participants experienced work related burnout (Vasconcelos, pg.1, 2018).
- When focusing on thought processes of gratitude, self-love, and compassion, anxiety can decrease by 45.2% (Donna L. Magtibay, pg. 393, 2017).

**BODY**

**MIND**



**EMOTIONS**

**BEHAVIOR**

## STRESS FACTORS



## INTERVENTIONS

- Yoga
- Daily outdoor breaks
- Psychosocial Intervention training (PSI)
- Mindfulness-based activities
- Counseling or mental health services
- Deep breathing and progressive relaxation techniques
- Humour therapy
- Time management strategies
- Assertiveness training



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