



I DON'T FEEL LIKE A HERO

IT'S OKAY TO FEEL WORRIED

- It's okay to feel worried about your own health and the health of your family.
- It's okay to not feel okay.
- Feeling stressed does not mean you're not able for your job - It means you're human!



HOW DO I KNOW IF I'M STRESSED?



Bodily Sensations- feeling tense, shallow breathing, heart racing.



Strong Negative Feelings- easy to anger, be frustrated, or feel sad.



Risky Behaviour- Using alcohol or prescription drugs more than usual.



Interpersonal Conflict- Being argumentative, noticing strong negative feelings about others, judging others harshly.



Difficulty Thinking Clearly- Finding it hard to take in instructions, to make clear decisions.

IT'S THE BASIC STEPS THAT HELP MOST IN MANAGING STRESS



LOOKING AFTER YOURSELF

Sleep

- Keep to a sleep routine as much as you can.
- Sleep helps with concentration, mood, ability to manage stress.

Eat

- Try to eat nutritious meals. Bring a packed lunch, if you need to.
- Don't 'skip' allotted breaks or meals. Blood sugar levels impact on energy, concentration and mood.

Talk

- Arrange to stay connected with your friends and family.
- Arrange to talk to your 'Buddy' regularly.

Breathe

- If feeling stressed, take a 'mini break': Two minutes out, to calm your breathing. It will help you think more clearly.



WHAT IS A BUDDY?

- A Buddy is a fellow student who is there to support you.
- A Buddy is not necessarily your friend, but another student who knows what it's like to work in nursing right now.
- You check in with your Buddy regularly.
- Your Buddy is not a therapist.
- Your Buddy is someone with whom you can talk about how you're finding work during this stressful period.
- Your Buddy is there to encourage you; to notice when you're doing well.
- Your Buddy might see that you're stressed when you can't, and help you to think about what you might do to manage that stress.



BUDDY UP

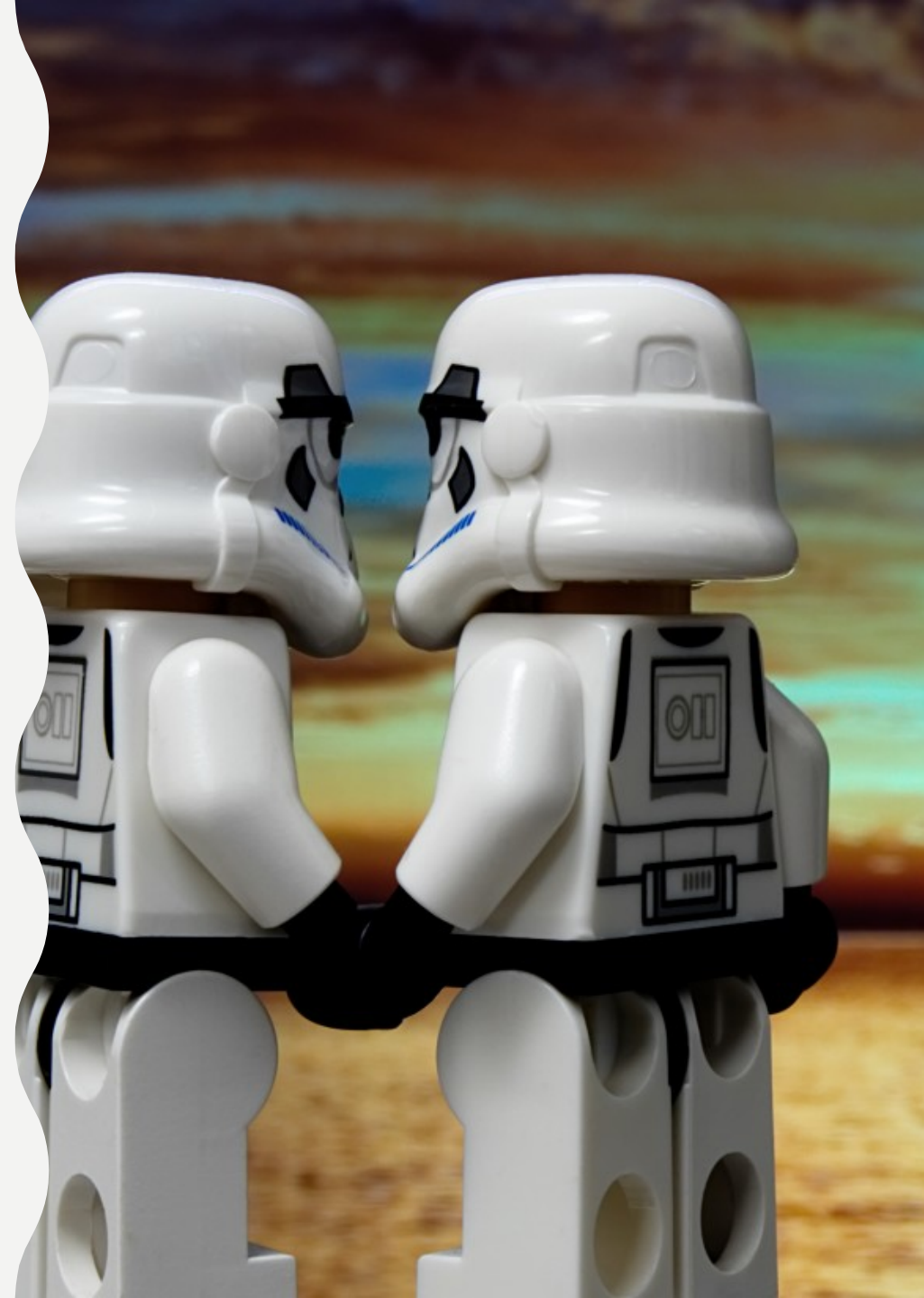
Get to know your Buddy. Talk to your Buddy in confidence.

Arrange to talk to your Buddy regularly, and at a specific time.

Don't pressure your Buddy into talking about how they feel: Everyone manages stress differently.

Be a positive voice in your Buddy's life: Notice and encourage the good things they're doing in their job. Don't underestimate the importance of being a compassionate listener.

If you notice your Buddy is stressed, encourage them to take steps to mind themselves: Get enough sleep, eat regularly, take regular breaks.





WHEN LOVELY PEOPLE TURN INTO ...

MANAGING DIFFICULT FEELINGS
AT WORK



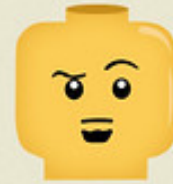
THERE ARE A LOT OF FEELINGS GOING AROUND

- You are surrounded by lots of people every day (patients, colleagues, managers, patients' families, friends, your own family).
- That's **A LOT** of feelings going around.
- Our feelings can impact on other people's, and their feelings can also impact on ours.
- It's important to identify what you're feeling and how that might be influenced by other people's.

How do you feel today?



Confident



Skeptical



Scared



Ecstatic



Sad



Angry



Mischievous



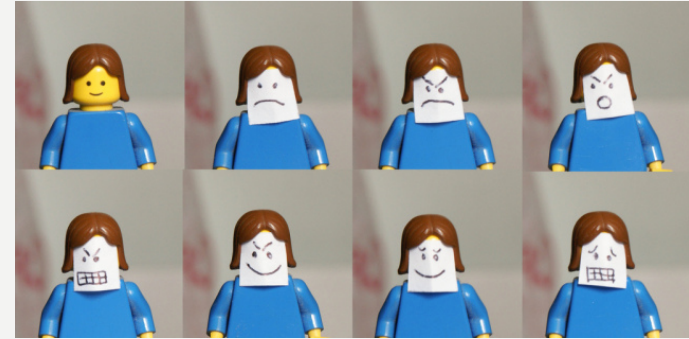
Happy



Enraged

WHAT'S BEHIND A FEELING?

- Sometimes anger masks fear, sadness, anxiety, guilt, or feelings of vulnerability or powerlessness. It can be easier to feel angry rather than these feelings.
- Strong feelings can pass from person to person like a chain email, without people being aware what's happening.
- Take time to notice when your feelings are being affected by the strong feelings of others.



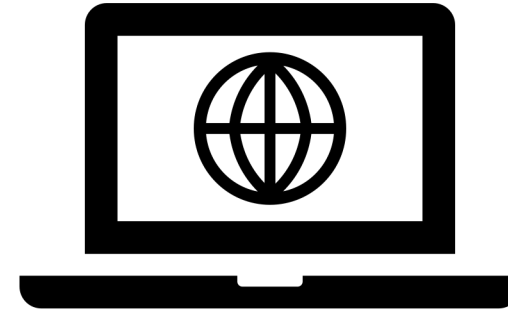
WHEN THINGS FEEL OUT OF CONTROL, THERE ARE ALWAYS THINGS WE CAN DO

WHAT CAN I DO?

Be professional
Be empathetic
Be kind
Do my best

WHAT CAN'T I DO?

Control other
people's behaviour
**Control other
people's feelings**
Make people do more
than their best



RESOURCES

- **MIND THE FRONTLINE:** [HTTPS://WWW.MINDTHEFRONTLINE.COM](https://www.mindthefrontline.com)
- **F.A.C.E. C.O.V.I.D. VIDEO BY DR RUSS HARRIS:**
[HTTPS://M.YOUTUBE.COM/WATCH?V=BMVNCDPHUYM](https://m.youtube.com/watch?v=BMVNCDPHUYM)
- **DR BRENDAN KELLY'S E-BOOK ON MINDING YOUR MENTAL HEALTH:** [HTTPS://IRISHACADEMICPRESS.IE/PRODUCT/COPING-WITH-CORONAVIRUS/](https://irishacademicpress.ie/product/coping-with-coronavirus/)

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