

Success Not Stress (5 things you can do to navigate stress) **Practice Management Nugget ©** **Webinar Learning Guide**

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5 THINGS YOU CAN DO TO NAVIGATE STRESS

Top 5 Interventions to Reduce Stress
Courtesy Eleanor Frank, Reenoo Workshops

Stress is an inevitable part of life – it's the human condition. Although our stress triggers vary as humans, research by the Canadian Institute of Stress reveals that there are five powerful interventions – regardless of our “stress type” – to help navigate life's inevitable curves.

1. Values/Goals Clarification – Techniques for determining what is important to you is ranked first overall. Defining values leads to a greater acceptance of self AND gives you a clear sense of priorities. Only then can you decide where you want to invest your precious capital of energy and time.
2. Effective Relaxation – This practice helps people improve their stress energy efficiency. Relaxation alone won't prevent people from returning to destructive patterns; however, combined with other interventions, relaxation techniques are extremely useful.
3. Self-Affirming Communication – All human beings have an inner stream of thoughts and feelings that include criticism, doubt and fear. That's just our minds doing the job they were designed to do: trying to anticipate and solve problems and avoid potential pitfalls. We need to take a look at our self-talk and make a conscious decision to turn it around.
4. Essential Exercise – Our goal here is to be physically fit. One does not need to spend endless hours at the gym. Simply find the form of exercise that you find satisfying and able to sustain on a regular basis. Going for walks is a very popular solution.

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5. High-Performance Nutrition – Proper nutrition has great potential for promoting optimum health and vitality. When appropriate vitamin and mineral supplements are added to sensible dietary habits, this skill soars to second place.



[Reenoo Workshops Website](#)

Stress management is a core competency for health care professionals. Unfortunately, we're not born with a stress management manual! Take advantage of Reenoo Workshops to equip your stress management arsenal. We offer flexible alternative learning options to suit your organization's needs e.g., custom-made service delivery models and group rates.

**Register Now For Our Next [Success Not Stress Workshop](#) scheduled for: Wednesday, November 5, 2014 from 9:00 a.m. – 4:00 p.m.
Edmonton, Alberta**

To register or for further information, e-mail us at eleanor@reenooworkshops.com or phone 780.914.2086

Practice Management Nuggets© weekly interview series with practice managers, healthcare providers, or trusted vendors who support healthcare practices. Topics include things you need to know to help you start, grow, fix, or maintain your healthcare practice. Hosted by Jean Eaton, The Practice Management Mentor. See <http://informationmanagers.ca/pmn-podcasts> for upcoming events.