

8 TIPS TO HELP STAFF COPE WITH CRISIS

Amy Stewart with *Provider Magazine* recently offered these great tips for "Assisting Staff through Adversity." We've summarized her tips below for your convenience.

1 CRISIS DEBRIEFINGS

Take pause as a group to acknowledge what's happened and why it feels bad. Talking about crisis immediately lessens distress.

2 REGULAR TEAM MEETINGS

Discuss difficult emotions among staff. Sharing how you felt during crisis situations with your peers is proven to help with coping.

3 PROMOTING GRATITUDE

Start shifts with staff sharing three things they're grateful for. It's linked to positive physical and psychological health, as well as lower levels of aggression.

4 CHECKING ON NEW CARE STAFF

The effect of stress on morale may vary depending on age and experience. For newer nurses, crisis decisions may have a greater impact. Reinforce why they're necessary.

5 NURSE ASSISTANTS CHECK-INS

NAs may feel powerless during crisis because they carry out the directions of others. Discuss care changes and decisions with them to help their understanding.

6 WELLNESS CAMPAIGN

Launching one now may mitigate staff turnover later. Start small by encouraging breaks, proper sleep, healthy eating, exercise and even meditation. There are apps for all.

7 EMPLOYEE ASSISTANCE PROGRAM

Remind staff that your EAP program is there when they need it. They may prefer to talk to a professional confidentially during these times.

8 POST-CRISIS MANAGEMENT HELP

Promote education around ethical decision-making. It's proven to reduce of moral distress. This education may be a first opportunity for NAs, who've not otherwise received.



Help Coping With Crisis

Michael Hoelscher



Help Coping With Crisis:

Unveiling the Magic of Words: A Review of "**Help Coping With Crisis**"

In some sort of defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is actually awe-inspiring. Enter the realm of "**Help Coping With Crisis**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book's central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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