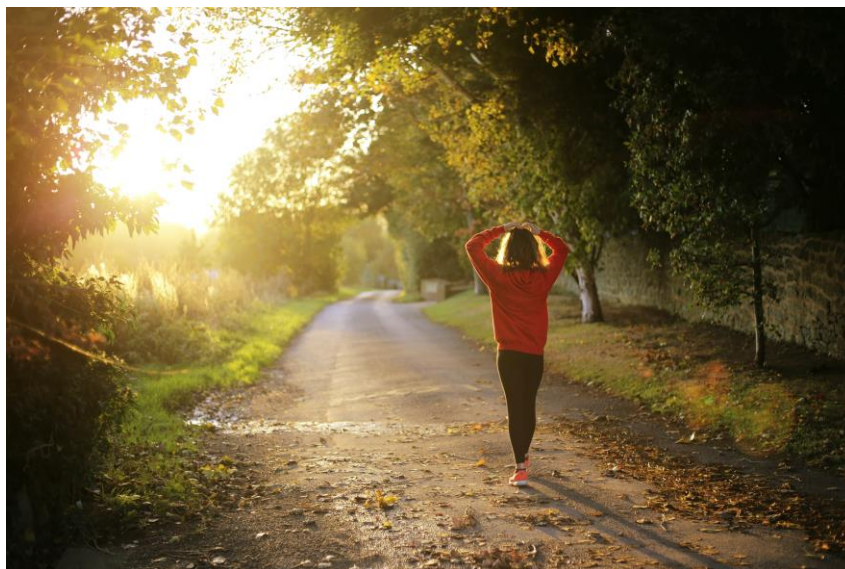


Mindfulness Management

Health is something that forever changes, and unfortunately, requires constant attention. When it comes to health, we look at the human body as a reference to an individual's state of being. The human body is an amazing and powerful machine that is very complex. The impact we can have on our body is astounding and with every day, we can influence and



change how our body functions. However, not all these changes are considered “good”.

We must be careful. But what is health?

The Oxford Dictionary defines Health as, “the state of being free from illness and injury”. Now this definition is a bit broad, but basically health looks at the wellness of someone, their injuries, illnesses, medical concerns, functionality, physical exercise, day-to-day activities and so much more. Health is an all-encompassing and forever influenced and changing condition that we battle every day.

Studies have shown the effects of stress on the body and the impact it makes. Some studies show that as many as 43% of nurses who experience stress or burnout will eventually quit or leave their position. Research in other areas show that office environments can cost organizations billions of dollars every year to help combat employee stress. Burnout is a serious and dangerous condition people experience continuously every day. Stress causes so many issues such as poor time management, high staff turn-over, poor decision making, anxiety, depression, sleep disorders,



musculoskeletal issues, cardiovascular complications and even aggressive communication and harassment. Wow this is a lot! No one wants all this on others let alone themselves.

So, what can you do? Some steps to help figure out how to better your experience at work so to minimize some of these complications listed and other symptoms you may be experiencing:

1) Identify Stressors at Work

- Find out which areas of work are causing you stress. This can be hard and may take some time. The task is to find them so that you can create plans and change them.
- Look at your everyday tasks. Does anything seem unpleasant, if so, why? What tasks cause you to feel emotions that may not be suitable for the workplace such as anger, frustration, sadness, or cause you physical or mental discomfort?
- It is important to understand where in your workplace causes you discomfort and what objectives impact your ability to work.

2) Identify Stressors at Home

- The last thing you want to do is think about work at home when you don't want to. Or have triggers at home that cause either a release of stress or emotion, or cause impact on your health such as poor sleep, eating disorders, and so on.
- Identify and list the issues that may cause some concern.

3) Separate into 2 Groups

- Group 1- What is in your control?
 - These are the things that you can change. Such as the ability to stand up if you have a desk job, use a standing desk, listen to music, snack when working, or to communicate with co-workers or to be alone.

- What of the two lists you have identified that cause you triggers, can you change, re-work, work around, remove, and so on. Look into ways to mitigate, eliminate, add, enhance, etc.

- Group 2- What is out of your control?
 - These are, no matter how badly you want to, things you cannot control. Such as the weather, the type of work you are required to do, the location, the programs utilized, and so on.
 - Once identified, investigate ways to potentially remove or eliminate them. Communicate with your supervisor or higher-up's. Talk with co-workers, see if they have similar problems. Communicate with other organizations like your occupation and see how they operate. How does that compare to you and your work?
 - In some cases, nothing can be done. The hard question to ask then is “is this work the strain on my body?”. It can be a hard question to answer and may take some time. But it is a necessary one.

Health is so complex that it is nearly impossible to define at any point. The recommendations above are just some ideas to identify and negate or remove issues that can lead to major complications down the road. I highly recommend doing your own research into the issues you may be having, or situations in the workplace you experience. This will give you a better understanding on how to manage stress.

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