STRESSED OUT?
STRESS OUT!
OVERVIEW

• Stress and Burnout
• Time Management
• Applying breaks
• Relaxation technique
BURNOUT

• What is burnout?

• Stress plays a major role!

• 14.5% of the medical students met the criteria for burnout and 29% of them met the criteria of some of the symptoms
STRESS

• When did you last experience stress?

• What did you feel?

• What did you do when you were stressed?
TIME MANAGEMENT

• Make schedules

• Prioritize

• Use applications!
SETTING PRIORITIES
BREAKS

• What do you do in your break?

• Bad breaks & good breaks
RELAXATION TECHNIQUE

- The relaxation technique we want you to learn is very simple and applicable in every situation!
RELAXATION TECHNIQUE

- How many times do you inhale per minute right now?
RELAXATION TECHNIQUE

• What happens to inhalation when you are stressed?
RELAXATION TECHNIQUE

• What happens to your heart rate variability when you are stressed?

• What is heart rate variability?

• Sympathetic versus parasympathetic nervous system
RELAXATION TECHNIQUE

• Breathing exercise

• Instruction:
  • Inhale gently through the nose
  • Exhale prolonged through the mouth
RELAXATION TECHNIQUE

- How did you experience the exercise?
RELAXATION TECHNIQUE

• Let’s take a look to the graphs of our volunteer
RELAXATION TECHNIQUE

• How to apply this relaxation technique?

• Start to practice it at least twice a day

• Certainly use it when you are stressed: it will help you relax!
CONCLUSION

• What did you learn today?

• Burnout & stress

• Strategies to deal with stress

• Relaxation
MAKE A PLAN!
QUESTIONS?