



Stress Management & Debriefing Techniques

Affirming nurses & teaching them to apply compassion, empathy & forgiveness to themselves so they may recover from emotional stress.

- + Identify sources and damage of stress in the workplace
- + Define critical incident stress
- + Discuss stress management in the health care sector
- + Develop debriefing techniques
- + Utilize strategies for self-care and recovery
- + Relevant self awareness exercises
- + Feel refreshed and empowered to return to the workplace

★Recommended Option

Target	Front-Line Staff	Registered Staff	Managers
	●	●	●

Schedule	1 Hr*	1½ Hr*	3 Hr*	Full Day	Multi-Day
			●	● ★	

*can be repeated multiple times throughout the day.

Extras	Handouts	Posters	Certificates	Info Binders
	●	●		

NOTES:

Reduce the impact of repetitive exposure to daily trauma and unpredictable client outcome associated with nursing, stressors that result in career burnout, elevated sick time, high staff turnover, fractured teamwork and low energy.



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