

Everyday EI



Stress Tolerance
and Shifting Your
Perspective

Did you know...

You can develop stress tolerance.

By regularly practicing, you can enhance your ability to recognize, express, and manage emotions, boosting your stress tolerance in challenging situations.

Quick Tips for Using Emotional Intelligence in Palliative Care

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Did you know...

Physical activity can reduce your stress.

By engaging in 30 minutes of physical activity most days, you can significantly lower your stress levels and enhance your overall well-being.

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Did you know...

Your emotional intelligence can foster resilience.

Emotional intelligence is essential for managing compassion fatigue, enabling you to offer compassionate care while maintaining professional boundaries.

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Did you know...

Mindfulness can aid in stress management.

Practicing mindfulness through daily meditation or deep breathing exercises can reduce stress and anxiety, keeping you focused and grounded.

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Did you know...

Burnout and compassion fatigue are different.

While burnout stems from job stress, compassion fatigue develops from caring for patients in distress, quickly diminishing your empathy.

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Did you know...

Prioritizing sleep is essential for managing compassion fatigue.

Making sleep a priority and setting a consistent sleep schedule helps your body and mind recharge, preparing you to better manage stress.

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