



## WORKSHOP SUMMARY SHEET

**TITLE:** Working to Wellness: Reducing Stress to Maximize Performance

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**SUMMARY:** Many people view stress a way of life—especially in the fast-paced health care industry. However, stress isn't always bad. In small doses, it can help you perform under pressure. But under constant stress, working at your peak becomes difficult, and teamwork may suffer as a result. The Stress Reduction presentation provided exercises, conversations and ideas to reduce stress and encourage healthy practices that can be tried on the spot.

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**THE CONTENT OF THIS WORKSHOP APPLY TO THE FOLLOWING AREAS:**

Wellness

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**THE MOST SIGNIFICANT ROLE LABOR-MANAGEMENT COLLABORATION CAN PLAY IN SUPPORTING THIS WORK IS:**

- Labor and management can work together to build wellness processes that are accessible to all.

**THIS INFORMATION WILL AID YOUR FACILITY IN THE CHANGING THE HEALTH CARE ENVIRONMENT BY:**

- Encouraging staff to be proactive in managing their own stress to maximize individual health and organizational effectiveness.

**THE MOST IMPORTANT IDEAS OR LESSONS TO BE SHARED WITH OTHERS ABOUT THIS INITIATIVE:**

1. How to manage stress in easy and every day ways.

**ADDITIONAL RESOURCES:**

De-Stress Kit for the Changing Times by Doc Childre: [www.heartmath.org](http://www.heartmath.org)