PROUD AGAIN TO BE A NURSING HOME ADMINISTRATOR

FHCA ANNUAL CONFERENCE
7-7-06 at 2:15PM
PRESENTED BY: John C. Simmons, MSW, NHA
Jacksonville Nursing & Rehab Center
FHCA District IX President

• OBJECTIVES:
• To recognize that you are not alone with your feelings of depression and ideas of “there has to be a better way to earn a living.”
• To understand that you have the power to control what happens to you in your job. And, that you can bring about real change by using this understanding to change your reactions to your daily situation and thereby change the outcomes.
• To learn some very practical “tips” that have worked for the speaker and will work for you to help you regain and nurture a positive attitude in your work.
• To go away from the session feeling better about yourself and what you can do to care for our Treasures.
HEALTH CARE TOTEM POLE

DOCTOR
NURSE
PT/OT/ST
HOSPITAL ADMINISTRATOR
DEPT. MANAGER
CONSULTANT
CHAPLAIN
BIO-HAZARD WASTE GUY
HOUSEKEEPING/MAINTENANCE
SOCIAL WORKER
NURSING HOME ADMINISTRATOR

TRIAL LAWYER
NHA SKILLS SETS NEEDED

- Accountant/Financial Expert
- Maintenance Person
- Reporter with a mind for details
- Corporate Compliance Professional
- Recruiter
- Teacher
- Solomon
- Historian AND Futurist
- Collections expert
- QA Expert
- In Total Control of Emotions
- Follower
- Master of Disaster
- Delegator
- Weather Forecaster (mandated for Fl)
- Actor
- ___________________
- Manager
- Computer Whiz
- Fire Marshall
- Detective
- Terminator
- Student
- Mind Reader
- Marketer
- Healer
- PR Genius
- Leader
- Safety Expert
- Problem Solver
- Highly Organized
- Regulations Encyclopedia
- Counselor/Listener
- ___________________

AND ABLE TO SWITCH ROLES AT A MOMENTS NOTICE
STRESS: WHAT IS IT?

COMMON SIGNS & SYMPTOMS:

- INSOMNIA
- DIGESTIVE PROBLEMS
- IRRITABILITY
- HEADACHES
- UNDUE FATIGUE
- NAIL BITING
- HAIR TWIRLING

YOU MAY FEEL:

- CYNICAL
- PESSIMISTIC
- RESENTMENT
- UNAPPRECIATED
- MISUNDERSTOOD
- CRITICIZED BY OTHER
- LIKE A VICTIM
- FRUSTRATED
- EXHAUSTED
- BURNED OUT
- HELPLESS
TOP 20 STRESSORS IN LIFE

1. DEATH OF A SPOUSE
2. DIVORCE
3. MARITAL SEPERATION
4. JAIL TERM
5. DEATH OF A CLOSE FAMILY MEMBER
6. PERSONAL INJURY OF LOSS
7. MARRIAGE
8. FIRED AT WORK
9. MARITAL RECONCILATION
10. RETIREMENT
11. CHANGE IN HEALTH OF A FAMILY MEMBER
12. PREGNANCY
13. SEXUAL DIFFULTIES
14. GAIN OF A NEW FAMILY MEMBER
15. BUSINESS READJUSTMENT
16. CHANGE IN FINANCIAL STATUS
17. DEATH OF A CLOSE FRIEND
18. CHANGE TO A DIFFERENT LINE OF WORK
19. CHANGE IN NUMBER OF FIGHTS WITH SPOUSE
20. MORTGAGE OR MAJOR LOAN

21. BEING A NURSING HOME ADMINISTRATOR
STRESS RESPONSES

PSYCHOLOGICAL RESPONSES:

• Problems with concentration
• Indecision
• Forgetfulness
• Sensitivity to criticism
• Self-Critical thoughts
• Rigid Attitudes

PHYSIOLOGICAL RESPONSES:

• Alarm (fight or flight)
• Resistance
• Exhaustion

BEHAVIORAL RESPONSES:

• Strained facial expressions
• Shaky Voice
• Tremors of Spasms
• Jumpiness
• Accident proneness
• Difficulty sleeping
• Overeating or loss of appetite
SIX STRESS MYTHS

• Myth #1  STRESS IS THE SAME FOR EVERYONE
• Myth #2  STRESS IS ALWAYS BAD FOR YOU
• Myth #3  STRESS IS EVERYWHERE SO YOU CAN’T DO ANYTHING ABOUT IT
• Myth #4  THE MOST POPULAR TECHNIQUES FOR STRESS REDUCTION ARE BEST FOR YOU
• Myth #5  NO SYMPTOMS = NO STRESS
• Myth #6  ONLY MAJOR SYMPTOMS REQUIRE YOUR ATTENTION
STRESS MANAGEMENT QUESTIONS

When in a stressful situation it is often helpful to ask yourself the following:

• WHAT IS THE WORST THAT COULD HAPPEN?

• WHAT IS THE LIKELIHOOD OF THE WORST ACTUALLY HAPPENING?

• HAVE I DONE EVERYTHING THAT I CAN REASONABLY DO TO ALTER THE OUTCOME?

• WILL MY LIFE CHANGE SUBSTANTIALLY AND WILL I EVEN REMEMBER IT YEARS FROM NOW?

• HOW WOULD I COUNSEL A FRIEND TO HANDLE THE SITUATION?
TIPS FOR DEALING WITH STRESS

1. EXERCISE
2. BREATHE
3. MAKE CONNECTIONS
4. TALK TO GOD
5. ADD STRUCTURE TO YOUR LIFE
6. DO SOMETHING YOU LIKE
7. SAY NO TO THE NEWS
8. DO NOT DRINK EXCESSIVELY
9. GET PHYSICAL
10. GET UP
11. LISTEN TO MUSIC
12. HAVE A GOOD CRY
13. LAUGH!!!
14. DO NOT SWEAT THE SMALL STUFF
15 STEPS TO LOWER STRESS

1. EXERCISE 30 MINUTES 3 TIMES A WEEK
2. LEARN SOME RELAXATION TECHNIQUES
3. LIMIT CAFFEINE
4. EAT RIGHT
5. “CENTER”
6. DEVELOP TIME MANAGEMENT TECHNIQUES
7. PLAY...HAVE FUN...RECHARGE
8. SMILE...LAUGH MORE...USE HUMOR
9. COUNT YOUR BLESSINGS...DAILY!
10. SIMPLIFY
11. SET PERSONAL GOALS
12. FORGIVE
13. PRACTICE OPTIMISM... HOPE IS A MUSCLE
14. SAY NICE THINGS WHEN YOU TALK TO YOURSELF
15. GET PLENTY OF SLEEP
YOU NEED TO HAVE

1. A “JEFF”
2. A HOBBY
3. A GOOD COLLEAGUE
4. A LAUGH
5. A CRY
6. A VACATION
7. AN OUTSIDE INTEREST
8. DAILY TIME ALONE
9. A PLAN
10. A COMMITMENT TO YOURSELF
10-CORE

WHAT IS 10-CORE?

WHO ARE MY 10?
1. ____________
2. ____________
3. ____________
4. ____________
5. ____________
6. ____________
7. ____________
8. ____________
9. ____________
10. ____________