



From 'Distress' to 'De-stress' With Stress Management

CE424 1 1.00 contact hrs

by *Connie Vogel, PhD, RN, CNS-BC, CNE*

Price: \$12.00

Objectives:

The goal of this stress management continuing education program is to help nurses and massage therapists better manage stress in patients and themselves. After studying the information presented here, you will be able to:

- Discuss three physiological responses to stressors
- Explain two ways to reduce patient stress
- Describe three methods healthcare professionals can use to promote self-care and the reduction of physiological stress responses

Accreditation Information

This course is intended for multiple professions, including nurses and massage therapists.

Nurses: Take this version of the course to ensure you receive appropriate credit.

For the version accredited or approved for another profession, go to your specific profession at ContinuingEducation.com or Nurse.com/CE. If you have a CE Direct login ID and password (generally provided by your employer), please log in as you normally would at CEDirect.ContinuingEducation.com and search for this topic title.

<http://ce.nurse.com/course/ce424/from-distress-to-destress-with-stress-management/>