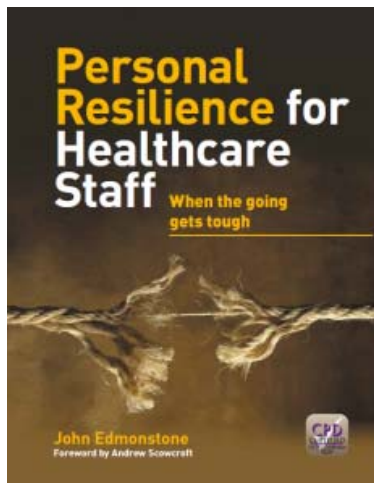


# Personal Resilience for Healthcare Staff: when the going gets tough

John Edmonstone  
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If people and organisations in healthcare cannot care for themselves, how can they care for the populations and communities they exist to serve?

Healthcare professionals and their organisations are subject to growing pressures, including regular reviews and reorganisations, coping with the impact of an aging population, financial pressures, shrinking of career prospects and enhanced expectations of what a healthcare system can do - all within a fierce media spotlight. Many healthcare staff also experience physical and psychological stress caused by long working hours.

This practical guide has been written specifically for individuals who are experiencing anxieties engendered by working in healthcare. It examines the reasons why healthcare organisations are susceptible to these difficulties and considers the possible causes of such stress. By adopting a workbook format it suggests practical ways personal resilience can be developed and enhanced, and offers tools to stimulate thought and assist this process.

Human resource managers, counsellors, training and development professionals, coaches, counsellors, mentors and leadership consultants within healthcare organisations will also find this workbook enlightening.

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## Details

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