

# [Personal and professional challenges matrix worksheet essay sample](https://assignbuster.com/personal-and-professional-challenges-matrix-worksheet-essay-sample/)

Use the following matrix to describe three personal and three professional challenges. For each challenge, describe time and stress management techniques along with personal development resources that may help a nurse overcome these challenges.

Personal ChallengeTime Management TechniqueStress Management TechniquePersonal Development Resources Example: Balancing work and family responsibilitiesUse a calendar or organizer to plan my schedule. Take regular family vacations. Family counseling and self-help books Stress ManagementPrioritize work to manage my immense workload. Take allotted breaks to allow decompression. Step back and allow myself to take a deep breath and meditate. Register to take a stress management workshop from UOP. Calling the healthy roads coach which provide stress counseling and other resources or log on to the website https://www. healthyroads. com/Default. aspx If any of the above don’t work I may need get a personal leave from work r/t stress Learning speak Chinese languageSet goal: focus to study for at least 15-30 min a day Learn 5 new Chinese words dailyRegister at a local community college Public SpeakingTaking time to prepare and practice oral contentVolunteer speak in classRegister to take an Oral presentation workshop from UOP.

Professional ChallengeTime Management TechniqueStress Management TechniqueProfessional Development Resources Example: Keeping up-to-date with changing standardsPlan time to review professional journals. Join a professional organization. Professional organization and professional journals – Identify the specific organization and list the website. Nurse Burnout Plan time to care for myselfWeekly massagesRequest on call or split one of my four 12 hour shifts Keep up with standards of practiceSet a goal to review journals and tutorials via internetJoin nursing organizationhttp://www. nursingworld. org/ American Nurses Association

Professional growth Plan time to continue take courses @ UOP towards BSN degreeUsing the resources UOP offers online for student successCurrently enrolled UOP obtain BSN Degree