

# Personal and professional challenges matrix worksheet essay sample



**ASSIGN  
BUSTER**

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 Challenge	Time Management Technique	Stress Management Technique	Personal Development Resources
Example: Balancing work and family responsibilities	Use a calendar or organizer to plan my schedule. Take regular family vacations.	Family counseling and self-help books	Stress Management
Prioritize 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 <a href="https://www.healthyroads.com/Default.aspx">https://www.healthyroads.com/Default.aspx</a>	If any of the above don't work I may need get a personal leave from work r/t stress
Learning speak Chinese language	Set goal: focus to study for at least 15-30 min a day	Learn 5 new Chinese words daily	Register at a local community college
Public Speaking	Taking time to prepare and practice oral content	Volunteer speak in class	Register to take an Oral presentation workshop from UOP.

Professional Challenge	Time Management Technique	Stress Management Technique	Professional Development Resources
Example: Keeping up-to-date with changing standards	Plan 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 myself	Weekly massages
	Request on call or split one of my		<a href="https://assignbuster.com/personal-and-professional-challenges-matrix-worksheet-essay-sample/">https://assignbuster.com/personal-and-professional-challenges-matrix-worksheet-essay-sample/</a>

four 12 hour shifts Keep up with standards of practice Set a goal to review journals and tutorials via internet Join nursing organization <http://www.nursingworld.org/> American Nurses Association

Professional growth Plan time to continue take courses @ UOP towards BSN degree Using the resources UOP offers online for student success Currently enrolled UOP obtain BSN Degree