

Health communication

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Health Communication Health Communication Social and physical stress may affect job performance in my clinical team. A clinical team requires utmost concentration, and a small lapse often results in disharmony and inability to achieve results. Personal impairment and improper professional performance are the likely results of my stress, because of its negative impact on team awareness. A loss of team perspective is detrimental because it may affect patient outcomes and narrow perspectives in decision-making. Even so, from a separate perspective, positive stress may make me work hard and show great involvement in my clinical team. I can achieve greater success in the team through hard work to overcome the stress. I prefer feeling to thinking. The main reason for this is the need to maintain interpersonal relationships with other people. I always choose personal concerns about the welfare of others over impersonal facts and objective principle because it considers the points-of-view of persons involved in a situation. 'Feeling' enables one to maintain harmony and consider people's values, unlike 'thinking', which requires the application of principles. Based on the article, the higher prevalence of "feeling" individuals in nursing is because of the need for harmony in the workplace. Those with a preference for 'thinking' endure less stress than those with a preference for 'feeling' (Nash, 2011). Nursing requires one to advocate for human-centered values that are in line with the way that people react and feel. It enables one to make individual exceptions for individual cases, as opposed to thinking, which requires one to stand firm to outlined principles and hold firm to policies.

I agree with Anthony Espinoza that one can handle stress perfectly, depending on the situation. In addition, stress reduces a person's level of

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focus, and it may hinder teamwork activities that require coordination of efforts. Feelings often override thinking because of the need to maintain interpersonal relationships. For instance, a nurse should be caring to patients, and they often achieve this through a display of feelings, despite the stress they endure in their long and exhausting work hours.

I agree with Angela Bregstrom that a multitude of stress from different places is difficult to handle. For instance, if one experiences stress at the workplace, it is only right that they should not experience stress at home or at school. The ability of stress to arise from virtually all sectors makes it a variable that requires utmost attention before its presence in school affects relationships at home. It is essential to balance stress at all levels and avoid its extremities in other places, because too much stress may affect our proper human functioning.

I agree with Wendy Johnson that stress can motivate one into action. A person may act in order to try to resolve a stressful issue. Even so, if the extent determines the method that one uses to handle the stress. It is quite unfortunate that emotion overrides intelligence in both cases, in which we tend to use more of feeling than thinking. This is perilous because one often makes irrational decisions in order to become happy, rather than making the right decision, which often involves a less happy, but proper choice.

Reference

Nash, N. (2011). Health and wellbeing part 2: how to manage stress. *Nursing Times*; 107: 23,