

Eli's Rehab Report

Mood Management: Don't Let Events Get the Better of You

Here's how to stay chilled when the pressure's on.

Make a personal connection every time. Talk to patients as they come in, and get to know them as people so you can remember that you're helping people feel better as well as making new friends.

Savor the quiet. During the "down time" (if you have any), try to relax and enjoy the stillness instead of succumbing to boredom. Things will heat up soon enough.

Take a laughing break. Take the time out to laugh about funny things that happen in the workplace, or jokes you've come across. Don't laugh at others' misfortune, but make good-natured jokes about workplace events.

Take frequent breaks. Above all, getting away from your desk on a regular basis and stretching your muscles is important. But be sure to get clearance from your supervisor before you leave your work area.