SDC #2  
 *Implications for Nurse Leaders to reduce Occupational Stress*

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**Nurse Educators**: 1- Incorporate changes to foster learning in a high-stress environment

2- Add stress management programs & courses to current academic programs

in schools of nursing to help retain nursing students.

**Nurse Managers**: 1- Provide opportunities involving stress management programs for nurses in

each age group

2- Be skilled at managing diverse workforce, maintain/create a climate of

support for and acceptance of age diversity (Wolff et al, 2010)

3- Exhibit managerial behaviors linked to stress reduction such as support and participative

management, providing access to opportunities, information, and resources (Jennings, 2008)

**Nurse Researchers**: 1- Develop a more comprehensive guide for nurse stress and interventional studies (Jennings,

2008)

2- Conduct qualitative researches to explore how each generation act in presence of work-

related stress

**Public/Health policy**: 1- Bring work related stress and unhealthy work environment back to the front

2- Advocate for programs and initiatives that assist in creating a healthy and less stressful work

environment.

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