

## 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.