Stress management plan

Name

Professor

Course

Date

Dr. Dean Ornish has had a successful career as a Cardiologist, have completed many researches and published them. He is credited with having a private practice where as well as hosting group discussions. To add on that, his career has spun into a life of talk shows, book promotions, professional lectures as well as gracing public events as he is of great renown. Trying to cope with all these as one person seems to be too much to handle as every man is created with a limit to the extend to which he can stretch. Dr. Ornish has published his research in his book that addresses the correlation and impact of stress in the development of the cardiovascular ailments and complications. He further completed a research that proved the importance of diet, exercise and stress management techniques in helping to avert and correct some of the cardiovascular diseases.

 However, the doctor in the line of his career seems to be treading a path that leads to the very problems he has addressed in the line of research, and of which he has established ways of averting as well as correcting the very problems.

The Doctor’s duties seem to be increasing with each achievement and as he tries to juggle all the pieces at ones, the balance of his life seems to be taking a toll on his health. It is very clear that the doctor is strained and this reveals itself in the ways that his schedule is, and the stress that is eventually building up. Due to the overload, the doctor seems to be behind schedule as he is trying to take care of everything. To this effect, he arrives at some places late, such as showing up for his flight late. The major sign that all this is having a hard impact on him is that he is losing his composure slowly and becoming irate. The problem thus needs to be addressed so as to prevent any further damage and harm to his health.

So as to effectively deal with the issues that have brought about the stressful situation to the Doctor, one has to review all the activities that he is engaged in. For starters, one has to look at the schedule that the doctor follows. There seems to be no specific time limit in which he is fully subjected to the career objectives and a distinct time that he can engage in other activities. Everything seems to be tagged to his career and this is ultimately one major cause. The other issue is the overload that he is facing.

The Doctor has many things in his hands to handle and while all these are still pending, he receives yet another invite, and an offer of which he sees as too attractive to resist. This eats up the time in which he could have taken to perhaps take a rest. Add all these on a repetitive scale and you will find that the sum total is a doctor collapsing in the middle of a professional talk. Stress. In order to effectively manage all this and still keep up with the schedules that he has, the Doctor needs to have a plan to help him in two things. First, he needs to regain his health status and second, he needs to keep a lifestyle that prevents the recurring of the same problem.

The first thing that the doctor needs to address is to prioritize his schedule and outline all the important aspects that need to dealt with urgently and at what time. He will then have to adhere to this schedule, only adding other items to the schedule if there is enough time that will give room for rest. With this, if given an offer or invitation that he knows will have a hard impact on his health, then he will have to push it ahead or turn it down.

The major importance of the schedule is to create time for rest and perhaps recreation. It doesn’t mean that he has to spend many hours sleeping or just sitting idle. Even if it is just two hours, he can take a nap or perhaps go for a walk, of which this will offer a temporary distraction from the daily routine and give the mind a chance to relax and reflect. This not only gives him a chance to think about events he has planned but also provides a chance for reflective planning which is better than just moving from activity to activity in a chain.

Further, the doctor will have to find time in his schedule to do some exercise. Exercise, even for just twenty minutes helps to release endrophins that boost ones mood and relieve stress as well as providing a valuable distraction from the work and duties that are demanding and thus induce stress.

Another way that the doctor can efficiently reduce the stress levels and reverse the effects of the stress is to become socially engaged. He will have to perhaps share his views and worries about what he is tasked with doing with someone he trusts. This will provide chance for him to get advice as well as, as research proves, relieve his mind of some of the burden. Talking about the frustrations that come about will help to relieve anxiety and worry and thus prevent stress.

On the whole in general, the doctor will have to understand that as time passes, he is growing old too, and this means that he might not be able to manage some of the feats he used to manage while young. Taking the instance where he attended a reception that he accepted the invite without thought of its effect on his preparation for his lecture the next day, he hardly had time to rest later, since he stayed up late to prepare for the lecture. The result was that he collapsed during the lecture and was later diagnosed with high blood pressure.

The plan is simply that the doctor will have to create a suitable schedule that incorporates periodical rest and sessions of exercise. He will have to also check on his diet to make sure that he eats well so that he remains healthy. It is unlikely that the number of items on the tray for the doctor is to reduce but he can still manage the same feat through effective time management and practice of the stress management techniques, while at the same time keeping his diet healthy. He should avoid overloading himself with extra work and duties as this only makes it harder to manage without getting stressed. Simply, he should tackle issues that he is already engaged in first before accepting others. Alternatively, those that can be pushed forward can be postponed. He could as try to get the help of other professionals in the field in the running of his private practice.

All in all, a change in the way the doctor deals with his schedules is the major review that he should focus on, the follow the stress management and alleviation techniques and he will manage well.