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Food For Thought



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Feeling Stressed? Write It Down!

No doubt about it, the workday of a healthcare professional can be hectic enough all on its own. Add the day-to-day obligations and responsibilities of your personal life, and it's easy to see how and why stress comes in!

Stress is our body's way of reacting to change. And since change occurs literally every day of our lives, there's really no way to completely avoid stress. The good news, however, is that there are several ways to cope with stress. One very effective method comes in the form of journaling.

Put It On Paper

When many people think of journaling, they think of writing about the day's events, much like one would do in a diary. Although journaling can indeed involve this type of activity, you can make it much simpler if you just want to address and cope with stress.

Here's how you can journal your stress:

When you start to feel stressed, grab a notebook and write down what's causing your stress as well as your thoughts and emotions. Don't worry about how it sounds, your spelling, or grammar. The point here is to identify the cause of your stress and the feelings that accompany this stress.

Next, you'll want to track the triggers and the treatments. Maybe you thought it was a co-worker who was causing you so much grief, but after you looked at your stress journal, you found that you referenced your financial situation as the primary cause of your stress. With this kind of information, you can begin to work on certain areas of your life to help manage stress. If finances are causing you stress, maybe you can create a budget to help you map out your finances. If your relationships are causing you grief, maybe you can schedule time to talk things out.

Remember, you can effectively cope with stress by identifying the cause, and then taking the appropriate measures to address it. Putting your stress on paper is a great way to do this!

"Is everything as urgent as your stress would imply?"

-Carrie Latet

Meet The Maun-Lemke, LLC Team!

Khrys Kantarze

It is often difficult for leaders to put on their 'strategic' hat in the face of daily operations and personnel issues. Employee retention, absenteeism, and morale are just a few critical items that must be *continuously* addressed. As a result, true *strategic* thinking and development gets put on the back-burner. Healthcare leaders ultimately need an easy and effective way to address the day-to-day operations of the business so they can focus on the strategies that will help their organization gain a competitive advantage. This is where Khrys Kantarze comes in!

Khrys Kantarze offers a warm, dynamic, and compelling teaching style honed through more than 20

years of healthcare operations and human resources experience. She began her career as a nursing home administrator, where she assumed the lead operations role in which she effectively addressed critical personnel problems, such as employee turnover and attempted unionization while also gaining invaluable insight and experience from 'life behind the desk' of day-to-day operations. Her areas of expertise in human resources expanded while holding Director and Corporate Vice President positions. She is knowledgeable in all facets of business, including employee retention and recruitment, leadership development, and cultural diversity. With decades of hands-on experience, combined with a Masters Degree in spiritual healing and a certification in hypnotherapy, Khrys Kantarze offers one of the most diverse and unique backgrounds in the industry which allows her to truly understand the 'why' behind an individual's actions. With this knowledge, Khrys is able to develop solutions that appeal to the underlying needs of healthcare professionals.



Her devotion to helping healthcare facilities achieve their employee management and retention goals is reflected in her wide array of expertise including adult education and learning, labor relations, compensation and benefits, recruiting (domestic and abroad), workplace diversity, employee relations and leadership development. Khrys combines her love of people, gift of teaching, and deep knowledge of human behavior with a sense of humor to create unique learning experiences as well as to present solutions in a practical yet humorous way which engages her audience and yields the desired results. For instance, you can learn more about some of her speaking programs which are designed to enhance your profit potential by [Investing In Your People](#). Healthcare facilities across the nation rely on Ms. Kantarze for a variety of critical needs. Her distinctive combination of talents and expertise can ultimately help your organization meet its strategic goals and objectives.

[Learn more about Khrys Kantarze and how she can help your organization bring out the best in its operations and staff so you can focus on strategies to maximize your competitive advantage!](#)

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