

# Stress and the health worker: contemporary aspects



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Lately, the most discussed subject is stress. The demands of modern life and the many demands that professionals face in the work environment generate numerous diseases considered disabling, especially those that have repercussions on the worker's mental health, which lead to the development of mental disorders.

Professionals must often adjust to changes. Companies in search of leadership, greater visibility in the market, extrapolate by using their workforce in order to gain in competitiveness and profits. At all times, professionals must adjust to changes and be ready for adaptations that go beyond the limits of both mental and physical tolerance of human beings.

Reflecting on health professionals and

their experiences in the face of the pandemic, one can currently think about what remained as a result of the avalanche of suddenly and crucially imposed work, which added to what they already had and had to cope with, were increased by fear, uncertainties and situations of loneliness.

Thus, stress was intensified and seen as something that accompanied and accompanies the moments of these professionals' work activities continuously. Those who managed to go through the critical phase of current impactful situations, mentally intact, are alerted to identify within themselves if there is any trace of mental impairment due to the fact that they live today's challenges.

There were intense moments of darkness

that seemed to have no light at the end of the tunnel. In this way, reflexes emerged and many questions about work and life accompanied the difficult moments in the work environment of health workers, which unintentionally extended to life outside this environment. What the pandemic is leaving as a legacy is that, even in difficult times and experiencing a superhuman load of stressors in the work environment, they continue to fulfill their duties in front of society. However, it is up to an introspective look and have the perception of their needs so that they can have self-knowledge and understand that they can, but should not get mentally ill. ■

## REFERENCES

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