

## Personal Challenges of Clinical Experience

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The work of a nurse is one of the most critical factors in upholding patients' health within a medical facility or at home. This work requires great knowledge and effort, both mental and physical. It is not surprising that when entering such a career, one anticipates a plethora of challenges. Having an experience in the medical field, I have a clear understanding of such challenges and continue to work on strategies to manage them. The best way to enter the profession of a nurse is to be knowledgeable of possible difficulties, be ready to face them without fear and not stress out before trying it.

When it comes to challenges that I face in my profession, I am similar to many other healthcare professionals, especially nurses. It has been established that nurses suffer highly from stress due to time management and procrastination. In addition, a correlation has been found between academic stress and procrastination (Nayak, 2019). For me, it is the same way, as I often struggle to keep track of time or delay the execution of various tasks. I plan to deal with this challenge by focusing on resolving time management issues that I have with my studies first. I aim to establish a set of deadlines in written form so that I will not have to worry about remembering when a given task is due. Another technique that I am planning to use is prioritizing. I will choose the most important task and focus on it first and then grade other tasks in terms of priority. This method will allow me to feel less stressed in case I fail to complete all of the tasks since the uncompleted ones will be of the least importance.

The next personal challenge that I am facing is being able to manage both my family and my work. Both of these facets of my life require time and energy, and I fear that I might succumb to stress trying to handle them both. The solution for this is to develop a routine that would work for both my work and my family. This would include time for me to unwind and destress, making this a habit out of relaxation. This would allow me to know that, at the end of the day, there is time for me to cope with stress. I understand that, at times, it would be extremely difficult to maintain a balance between work and spending time with my children. Therefore, the next step in this journey would be to allow others to help. I can rely on my family and friends to take care of my children

# Personal Challenges Paper

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