For Doctor stress from： 1，Patient to see a doctor, only of their condition, hoping to get treatment, where doctors will think a doctor troubles. As a result, few people realize that doctors face every day how much pressure. 2，Compassion fatigue. 3，doctors cannot get the patient understand.{For Chinese, because, every year, many doctor suicide.}

psychological pressure ：Psychological stress is an individual life in a physical and mental state of tension in the process of adaptation, from the environmental requirements of their own ability to cope with an imbalance; this tension tends manifested by non-specific psychological and physiological responses.{ This is a problem faced by all doctors}

For psychological pressure solutions：1. Identify the source of the pressure, The elimination of the root causes of the pressure generated. Elimination of two, one is eliminated, and second, to divert, to resolve. 2. Catharsis law. With an outward manifestation relatively intense way to resolve their own. 3. Note Transfer, development interests, to put a bad mood Holidays.

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Go to hospital: reservation system.

Self-service vending machines {premise: patient need to know what they need}

Touch screen: Arranging wait {if you don’t have reservation}

Emotion Management: It refers to the study of individuals and groups through their own emotions and the emotions of others understanding, coordination, guidance, emotional management., Interaction and control, to fully tap and cultivate emotional intelligence of individuals and groups to cultivate the ability to control emotions, to ensure that individuals and groups to maintain good emotional state, and the resulting good management results.

Some solutions: 1, Mental Suggestion. From a psychological perspective, the individual is through language, image, imagination, etc., to influence their own mental process. 2 Attention transfer method. Is the attention from adverse emotional reactions stimulate the situation, transferred to other things up or engage in other activities of self-regulation method. 3 Moderate catharsis law. Excessive repression will only make worse emotional distress, and moderate catharsis can release the negative emotions, so that the tension to ease and relaxed. Therefore, in case of negative emotions, the easiest way is to "catharsis"; catharsis usually secretly, in close friends performed. 4 Self-comforting law. When a person in case of misfortune or setbacks, in order to avoid mental suffering or anxiety, can find a reason to illustrate the desirable inner need or excuse.

Long time work: 1 Long-term fatigue caused by its resistance and decreased immune function, the body vulnerable external viruses, bacterial infections and infectious diseases.

2: Sub-health state. 3 Half of the force reduction (I think is important one for doctors).