Narratives of a Medical Receptionist: My Personal Stress Remedy

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Narratives of a Medical Receptionist: My Personal Stress Remedy

At some point in our lives, we’ve all encountered a stressful job. I have familiarity with different occupations and I must say receptionists go through a lot. Multitasking, managing rude calls and tending to insistent clients can become wearisome and having to endure this for forty-plus hours a week is strenuous and can take a toll on the body after a while. This along with a stressful environment is no lighthearted matter. As any other healthcare professional, medical receptionists are prone to burnout and overexertion.

My first three weeks as a medical receptionist were fifteen of the most stressful days of my adult life! I reached my breaking point on a Wednesday, after working two ten-hour days prior; all with just a thirty-minute coffee-break. The combination of loud speaking, constant telephone calls and a mountain-high pile of paperwork to complete made me question my profession… and sanity. The moment I got home, I searched the web for ways to relieve stress. Then, I took the information and tweaked it to be my own. Since then, I have been sure to have my weekly distressing day which keeps me calm and mellow throughout the week. If you can relate to my struggle then you would be doing yourself a favor by reading this article. It will provide you with info on my personal solution for stress; an at home mineral spring!

To reduce accumulated stress, I set aside one day each week (usually Saturday’s) to unwind. My routine consists of four activities that come together in perfect harmony to create the ultimate destressing experience. I always begin with a hair mask. These are adjusted according to the needs of my mane, so I alternate between a hydrating mask and strengthening mask. Closely following is a facial mask. After cleansing my face, I apply a homemade mask of yogurt and honey. This moisturizes, fades fine lines and lightens dark marks.
While both my hair and face are absorbing the treatments, I go for a full body soak. My bath includes warm water, eucalyptus oil and Epsom salts. Though it does not consist of much ingredients, the two additives to provide major stress relief. These activities are followed by a slight self-massage using a moisturizing body butter. If I am more stressed than usual at the end of any week I play soothing music while pampering myself and opt for candle lighting rather than electric. Once the process is complete, I feel rejuvenated and rested; ready to conquer another week of work.

As medical receptionists, we tend to put our needs aside for the sake of the customer. We endure so much because we don’t want to disappoint. It is important to remember that we are humans with needs as well. It is not uncommon to stumble upon stress while working, but we should be able to control the effect it has on us. If you ever feel overwhelmed with work please take heed to my therapy. I promise you won’t regret it!