WORKPLACE STRESS

Everyone encounters workplace stress at one point or another. However, when stress at work becomes chronic, both our mind and body start to suffer. In fact, 50% of all lost work days are stress-related, and over 40% of working American's are stressed to the point of burnout. Instead of letting stressors take a toll on your health, combat them with some of these stress management techniques.

Work Mindfully

Instead of focusing on the past or mulling over the future, zero in on the task at hand. While multitasking can seem productive, it can often times add unwarranted stress to the situation and drain one's energy.

Communicate

Miscommunication can be the root of many stressors. In order to prevent stressful situations in the future, clarify details, discuss expectations, and make sure others understand what role they need to fulfill. If you are confused about anything, get clarification!

Be Nice!

While you may not be best friends with your co-workers, making an effort to be congenial can create a more pleasant atmosphere. Smiles and compliments can be contagious…so go ahead, flash those pearly whites. You might be surprised how good it makes everyone feel!

Take Care of Yourself

Engaging in regular physical activity and focusing on proper nutrition can enhance one's ability to cope with stressful situations. Taking time for fun and relaxation can also be key to cultivating a more "stress –free" atmosphere.

Change Your Attitude

If there is a situation at work that is not going to change, change your perspective. By putting a positive spin on a negative situation, it becomes less stressful! Just take a few deep breaths, and head down a more positive path!

Ask For Help

If a particular situation is too overwhelming and unbearable, ask for help. The employee assistance program (EAP) is a great place to get unbiased suggestions and recommendations.