

STRESS



Stress can come from a lot of places. We all experience demands from work and family that can be overwhelming. In addition to making you feel bad, stress can lead to unhealthy behaviors (i.e., overeating, drinking too much, not exercising), increase your risk of developing health conditions (i.e., heart disease, sleep problems), and lead to injuries at work.



However, not all stress is bad. Good stressors help us achieve our goals and make healthy life decisions. For example, running in a race, riding a roller coaster, exercise or even time constraints such as a demanding but manageable workload. These stressors make us more productive and help us achieve our goals.

KEVIN'S STORY

Kevin, a construction worker, commutes two hours to work every day. He is already exhausted and irritable by the time he makes it to work. He is recently divorced and has two kids to take care of by himself. He has been unable to focus on his job and has not been meeting deadlines. During lunch break yesterday Kevin's coworker, Mike, saw him with a shotgun in his car. When Mike approached, Kevin hid the gun and said he was fine.

HANDLING WORKPLACE STRESS



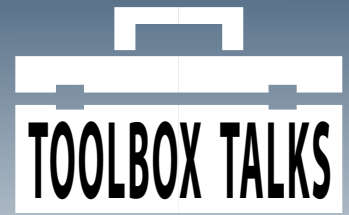
- If you are feeling overwhelmed, talk to your supervisor or another trusted person, such as a friend.
- If something about your workplace is causing you stress, think about ways you can change or eliminate it.
- Ask about programs in your workplace that can help you manage your stress.

If you have thoughts of harming yourself or others, call or text the National Suicide Prevention Lifeline 1-800-273-TALK (8255)

TALK ABOUT IT

- Are you ever overwhelmed by the work you are assigned?
- What do you do when you are stressed at work?
- What will you do today to relieve workplace stress?
- How do you think we can be more supportive with one another at work?

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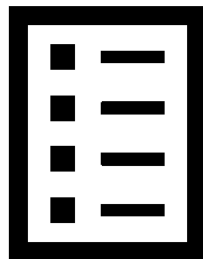


POSITIVE *WAYS* TO MANAGE STRESS

SET GOALS AND PRIORITIES:

Make a list of all that needs to be done. Then, prioritize what should be done now and what can wait. Focus on what you have accomplished, instead of what did not get done.

- Break tasks into small steps
- Prioritize tasks
- Delegate responsibility, when you can
- Ask for help



RELAX AND HAVE FUN:

Even something as simple as deep breathing can help reduce your stress.



- Take time to relax for a few minutes each day
- Do something you enjoy every day
- Keep your sense of humor or watch funny movies or videos
- Take 10 deep breaths when you are feeling stressed

REGULAR EXERCISE:

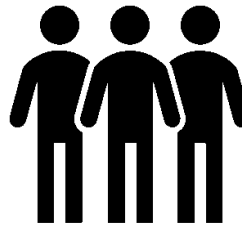
Just 30 minutes of exercise per day can help boost your mood and reduce stress.

- Go for a walk
- Ride your bike
- Work in the yard or garden
- Shoot some hoops
- Use the stairs instead of the elevator
- Park your car in the farthest spot in the lot and walk the rest of the way



TALK WITH PEOPLE WHO CAN PROVIDE SUPPORT:

To reduce stress, ask for help from friends, family, and coworkers.



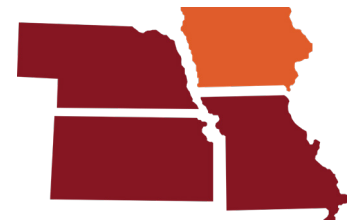
- Reach out to a colleague at work
- Talk to your supervisor
- Let friends and family know when you are feeling stressed
- Help someone else by volunteering
- Make plans to meet with friends
- Contact your Member (or Employee) Assistance Programs (MAP/EAP)
- Ask someone to check in with you regularly

TALK TO YOUR DOCTOR OR HEALTHCARE PROVIDER:

Get proper care for existing or new health problems.
Ask about mental health resources.

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For more information on conditions that affect mental health, resources, and research, visit www.mentalhealth.gov, or the NIMH website at www.nimh.nih.gov.



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