



## DON'T SWEAT IT! MANAGING STRESS IN THE WORKPLACE

Tension and stress in the workplace has become far more common in recent years, affecting our minds and bodies in ways that are rarely positive or productive.

Some job stress is normal, but interpersonal conflicts, lack of satisfaction, and heavy workloads are among the circumstances that can cause chronic health problems including heart disease, high blood pressure, digestive problems, or depression. Other health issues that can result from job-related tension include headaches, sleeplessness, weight fluctuation, or moodiness.

It's important to do as much as possible to mitigate the effects of the inevitable stress of the workplace.

### SEVERAL COMMON CAUSES OF EXCESSIVE WORKPLACE STRESS INCLUDE:

- Fear of layoffs
- Increased workload because of staff cutbacks
- Pressure to perform
- Interpersonal conflict
- Bad management practices
- Unrealistic expectations



While it's impossible to control everything that occurs in your daily work environment, it's critical to your health and wellness to manage workplace stress as much as possible.

### SOME OF THE BEST THINGS YOU CAN DO TO ACHIEVE THIS ARE:

- Avoiding negativity
- Maintaining composure
- Focusing attention away from stressors
- Communicating openly with your manager and colleagues
- Managing your time effectively
- Eating well and exercising

No job is stress-free, but anything we do to reduce our work-related tension definitely, demonstrably helps us in the long run.

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