



Stress Management

12/22/21

Stress is part of our everyday life. Mild forms of stress can act as motivators and energizers. However, if your stress level is high and prolonged, it can cause physical and emotional problems such as heart disease, back pain, gastro-intestinal problems, anxiety, and depression. It is important to learn how to cope with stress in a positive way; otherwise, it can affect your performance and relationships at work and at home.

We usually think of stress as something caused by external events, but events in themselves are not stressful. Actually, it's the way we interpret and react to events that causes stress. Stress can occur not only from negative life experiences but also from positive ones. Major life changes that can cause stress include marriage, a new job, pregnancy, divorce, and the death of a loved one. Although everyone responds to stress differently, the most common stress symptoms include fatigue, upset stomach, tight neck muscles, irritability, mood swings, headaches, and changes in sleeping and eating patterns.

The first step in stress management is to identify your stressors. These can include family problems, time pressures, financial difficulties, health concerns, relationships, competition, disappointments, and unexpected change. Second, recognize what you can change and learn to accept the fact that some situations are beyond your control. Worrying about problems truly beyond your control causes stress but doesn't change the problem or the

situation. Finally, focus on the positive side of situations. Channel your energy into solving the problem rather than just worrying about it.

There are several coping strategies you can adopt to reduce the effects of stress in your life. Learn to manage your time wisely. Set realistic goals for yourself. Avoid committing to unattainable deadlines. Recognize and accept your limits. Eat a balanced diet. Drink alcohol in moderation. Keep caffeine consumption to a minimum. Exercise regularly. Practice relaxation techniques such as deep breathing and meditation. Develop some mutually supportive friendships. Avoid unnecessary competition. Remember that relaxation is a vital part of life. Don't feel guilty about enjoying a hobby, a nap, a hot shower, or a pick-up game at the gym as a source of relaxation. Remember to be understanding and supportive when family members and co-workers are under a lot of stress.

Different people will react to and handle stress differently. By recognizing and proactively managing stress in your life, you can prevent the emotional and physical problems it can cause.

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SAFETY REMINDER
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Laughter can help reduce your stress level, but remember that horseplay and practical jokes are not acceptable in the workplace.

NOTES:

SPECIAL TOPICS /EMPLOYEE SAFETY RECOMMENDATIONS/NOTES:

S.A.F.E. CARDS® PLANNED FOR THIS WEEK:

REVIEWED SDS # _____ SUBJECT: _____

MEETING DOCUMENTATION:

JOB NAME: _____
MEETING DATE: _____
SUPERVISOR: _____
ATTENDEES: _____

These instructions do not supersede local, state, or federal regulations.