

HOW TO REDUCE STRESS AT WORK



6 SIMPLE STRATEGIES THAT ANYONE CAN FOLLOW

WORKPLACE STRESS IS RESPONSIBLE FOR UP TO **\$190B** IN ANNUAL U.S. HEALTHCARE COSTS



65% OF ADULTS SAY THAT WORK IS THE SOURCE OF VERY OR SOMEWHAT SIGNIFICANT STRESS

WHAT ARE THE WARNING SIGNS THAT YOU'RE EXPERIENCING TOO MUCH STRESS AT WORK?

- FEELINGS ANXIOUS, IRRITABLE, OR DEPRESSED
- FATIGUE
- MUSCLE TENSION OR HEADACHES
- SOCIAL WITHDRAWAL
- DECREASED LIBIDO
- APATHY OR LOSS OF INTEREST AT WORK
- TROUBLE SLEEPING
- PROBLEMS CONCENTRATING
- STOMACH ISSUES
- USE OF DRUGS OR ALCOHOL TO COPE

HERE ARE 6 SIMPLE STRATEGIES TO HELP YOU BETTER COPE WITH WORK RELATED STRESS

1 FORM POSITIVE RELATIONSHIPS

- ✓ SHARE YOUR THOUGHTS AND GET THINGS OFF YOUR CHEST
- ✓ DEVELOP FRIENDSHIPS WITH COWORKERS
- ✓ LEAN ON YOUR FRIENDS AND FAMILY FOR SUPPORT

2 START EXERCISING (OR EXERCISE MORE)

- ✓ EXERCISE LIFTS YOUR MOOD, INCREASES ENERGY, AND SHARPENS FOCUS
- ✓ SHOOT FOR AT LEAST 30 MINUTES OF ACTIVITY ON MOST DAYS
- ✓ GO FOR WALKS THROUGHOUT THE DAY TO DE-STRESS

3 EAT HEALTHY AND NUTRITIOUS FOODS

- ✓ REDUCE YOUR SUGAR CONSUMPTION TO AVOID ENERGY CRASHES
- ✓ EAT MORE OMEGA-3 FATTY ACIDS FOR IMPROVED MOOD
- ✓ AVOID STIMULANTS LIKE CAFFEINE OR NICOTINE

4 GET ENOUGH SLEEP

- ✓ AIM FOR 8 HOURS OF SLEEP EACH NIGHT
- ✓ TURN OFF SCREENS 1 HOUR BEFORE YOU WANT TO GO TO BED

5 PRIORITIZE AND ORGANIZE

- ✓ PLAN REGULAR BREAKS THROUGHOUT YOUR DAY
- ✓ PRIORITIZE YOUR MOST IMPORTANT TASKS AND PROJECTS EARLIER IN THE DAY
- ✓ DELEGATE THE THINGS YOU DON'T HAVE TO DO YOURSELF

6 KICK YOUR BAD HABITS

- ✓ RESIST TRYING TO BE PERFECT WITH EVERYTHING
- ✓ THINK POSITIVELY AND DON'T BEAT YOURSELF UP OVER LITTLE THINGS
- ✓ DON'T SWEAT OVER THINGS OUT OF YOUR CONTROL

SOURCES:
 HELPGUIDE.ORG - [HTTP://BIT.LY/1XBDMFL](http://bit.ly/1XBDMFL)
 FORBES - [HTTP://BIT.LY/2DQP2V5](http://bit.ly/2DQP2V5)
 AMERICAN PSYCHOLOGICAL ASSOCIATION - [HTTP://BIT.LY/1QUNOPA](http://bit.ly/1QUNOPA)

SNACKNATION