

Relieving Stress in the Workplace

Workplace stress reduces your productivity and has a negative impact on the relationships with your co-worker and even your boss. Constant stress can weaken your immune system and make you more likely to get sick. It can also make an existing health problem worse.

Typical Signs of Job Stress

- Headaches
- Trouble Concentrating
- Short Temper

Any of the methods below can have a significant impact on your overall emotional well-being.

- **Focus on the here and now.** If your mind is racing in 1,000 different directions, it's in a constant state of anticipation. Help your mind move to the here and now by paying attention to your breathing. Since you always breathe in the present moment, focusing on breathing makes you break your pattern of thought and brings you back to the present.
- **Change the scenery.** Instead of eating lunch at your desk, eat it outside or sit in the break room and enjoy lunch and a healthy conversation with your colleagues.
- **Take breaks during the day.** We all have deadlines, however that doesn't mean that all work has to be completed at once. Take a few minutes to stretch your legs or go for a walk on your lunch hour.
- **Be real.** Set realistic deadlines to avoid feeling overwhelmed. Prioritize your workload and focus on the most important items first. In some situations, it's okay to say "no" or delegate a task to someone else.
- **Create a balance.** It's important to have work-life balance to avoid undue stress and burnout. Set aside some time to go to the gym, engage in a hobby or socialize with friends.

These stress relievers release endorphins from the body that clean out built-up adrenaline. No one is completely in control of every situation, but by having your mind and body in the here and now, it allows you to better cope with whatever is thrown your way.

Contact your Healthstat provider for more information:
Oak Creek Franklin Wellness Center
(414) 304-8787