

KEEP STRESS IN CHECK

Anything that affects your health and your ability to focus on the task at hand can compromise safety at work and home. Too much stress does all these things. It's normal to feel some stress. Our bodies are wired to respond to threats and challenges with an adrenaline rush that helps us think and act more quickly. But a constant state of stress creates wear and tear on both the body and the mind. Stress causes a rise in blood pressure, an increase in stomach acids, a faster heartbeat and breathing, and other physical symptoms. Over time, it can lead to chronic illness and emotional problems, including depression.

Learn to manage stress in healthy ways both on the spot and over the long term.

STRESS MANAGEMENT

- Lifestyle Management
- Avoiding Stress
- Stress Therapy
- Get Organized

Identify and try to minimize your stress sources.

LIFESTYLE MANAGEMENT

- ✓ Exercise and stretching
- ✓ Proper diet
- ✓ Adequate sleep

ADVOIDING STRESS

- ✓ Eliminate the minor stresses
- ✓ Major lifestyle changes
- ✓ Cooperate with people
- ✓ Understand your limits

STRESS THERAPY

- ✓ Laughter is the best medicine
- ✓ Relaxation or quiet time
- ✓ Discuss your problems
- ✓ Pleasant thoughts

GET ORGANIZED

- ✓ Set priorities
- ✓ Develop a routine
- ✓ Maintain a calendar

Learn to master stress so it doesn't become your master.

QUICK WAYS TO TACKLE TENSION

- Take a few deep breaths
- Laugh. Share a joke with co-workers
- Stretch
- Go for a short walk during lunch or break time

DAY-TO-DAY STRESS RELIEVERS

- Spend fun time with friends and relatives
- Maintain a positive attitude
- Enjoy a hobby
- Exercise regularly

Source Contents: : National Institute for Occupational Safety and Health (NIOSH)) (Users of Safety Talk are advised to determine the suitability of the information as it applies to local situations and work practices and its conformance with applicable laws and regulations).

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