

Dealing with Stress

Stress is a common occurrence that many of us are faced with everyday, but we might not know how to deal with it. It can occur not only from negative life experiences, but also from positive ones.

We react and deal with stress differently, but common symptoms include upset stomach, fatigue, tight neck muscles, irritability and headaches.

ACCEPT WHEN THINGS ARE BEYOND YOUR CONTROL.

Instead of worrying about things we have no control over, it may be helpful to think of positive thoughts such as, “Someday I’ll laugh about this,” or “It’s a learning experience.”



FOCUS ON THE POSITIVE SIDE OF THE SITUATION.

Ask yourself, “What good can come out of this?” “What can I learn from this situation?” and “How can I handle this better when it comes up again?” Solutions come easier when you focus on the positive and your stress level will be reduced.

KEEP THINGS IN PERSPECTIVE.

You can do this by asking yourself “How important is this situation? Can I do anything about it? In five years, will I even remember it happened?”

The purpose of this isn’t to lay out a list of complaints, but rather to come up with an effective plan for managing the stressors you’ve identified, so you can perform at your best on the job.

YOUR PLAN OF ACTION

- Talk to your supervisor. Employee health has been linked to productivity at work, so your boss has an incentive to create a work environment that promotes employee well-being.
- Design a plan to help you improve your skills in areas such as time management.
- Identify employer-sponsored wellness resources you can tap into.
- Clarify what’s expected of you, getting necessary resources from colleagues.
- Enrich your job to include more challenging or meaningful tasks.
- Make changes to your physical workspace or make it more comfortable and reduce strain.

Resources:

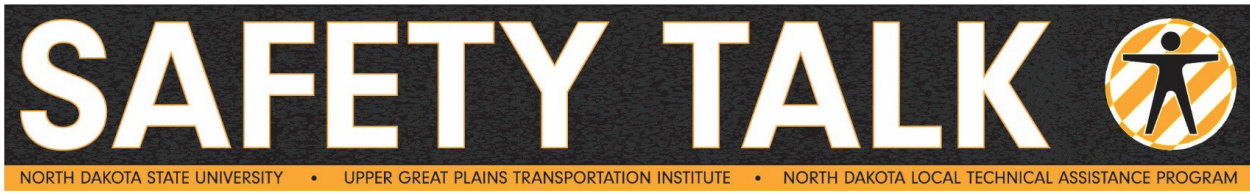
APA Coping with Stress at Work <https://www.apa.org/helpcenter/work-stress>

CDC Dealing with Stress and Violence in the Workplace <https://www.cdc.gov/violenceprevention/suicide/copingwith-stresstips.html>



Safety Talks are published by NDLTAP in cooperation with the National Local Technical Assistance Association and participating partner organizations.





Safety Talk Sign-in Sheet Topic:
Dealing with Stress

Agency: _____

Crew: _____

Supervisor/Talk Leader: _____

Date: _____

Print Name

Signature

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SAFETY TALK



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