Stress at Work

Tips to reduce and manage job and workplace stress

Tip #2

When stress at work interferes with you ability to perform in your job, it's time to take action. Start by paying attention to your physical and emotional heath. When your own needs are taken care of, you're stronger and more resilient to stress. The better you feel, the better equipped you'll be to manage work stress without becoming overwhelmed.

Taking care of yourself doesn't require a total lifestyle overhaul. Even small things can life your mood, increase your energy, and make you feel like you're back in the driver's seat. Take things one step at a time, and as you make more positive lifestyle choices, you'll soon notice a reduction in your stress levels, both at home and work.

Get moving

Aerobic exercise is a hugely effective way to lift your mood, increase energy, sharpen focus, and relax both the mind and body. For maximum stress relief, try to get at least 30 minutes of heart-pounding activity on most days. If it's easier to fit into your schedule, break up the activity into two or three shorter programs.

Make food choices that keep you going

Low blood sugar can make you feel anxious and irritable, while eating too much can make you lethargic. By eating small but frequent meals throughout the day, you can help your body maintain an even level of blood sugar and avoid mood swings.

Get enough sleep

Not only can stress worry and cause insomnia, but lack of sleep can leave you vulnerable to even more stress. While you're well-rested, it's much easier to keep your emotional balance, a key factor in coping with job and workplace stress.
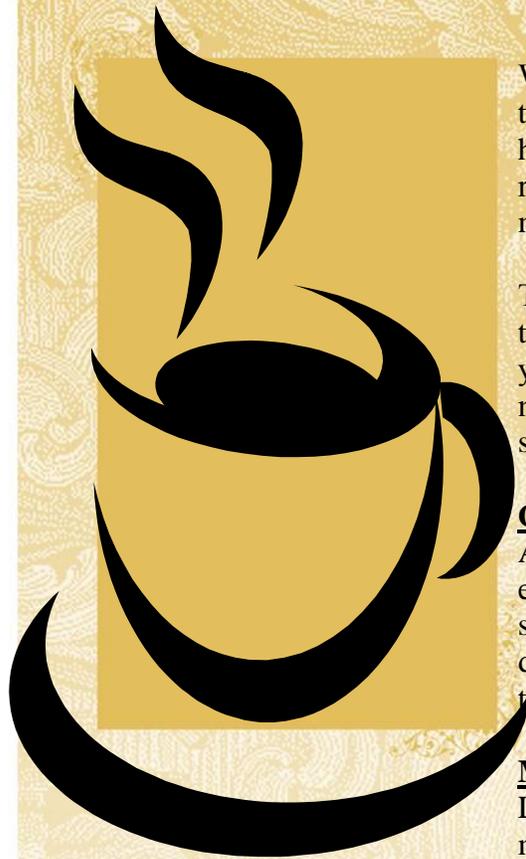
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"Nothing is impossible, the word itself says 'I'm possible'!"

-Audrey Hepburn