

Stress at Work

Tips to reduce and manage job and workplace stress

In this difficult economy, many of us are finding it harder than ever to cope with stress in the workplace. Regardless of occupation, seniority, or salary level, we're spending more and more of our work days feeling frazzled and out of control, instead of alert and relaxed.

While some stress is a normal part of the workplace, excessive stress can interfere with your productivity and reduce your physical and emotional health. Find ways to manage workplace stress is not about making huge changes to every aspect of your work life or rethinking career ambitions. Rather, stress management requires focus on the one thing that's always within your control: you.

Coping with work stress in today's uncertain climate

For workers everywhere, the troubled economy may feel like an emotional roller coaster. "Layoffs" and "budget cuts" have become bywords in the workplace, and the result is increased fear, uncertainty, and higher levels of stress. Since job and workplace stress increase in times of economic crisis, it's important to learn new and better ways of coping with the pressure.

The ability to manage stress in the workplace can not only improve your physical and emotional health, it can also make the difference between success and failure on the job. Your emotions are contagious, and stress has an impact on the quality of your interactions with others. The better you are at managing your own stress, the more you'll positively affect those around you, and the less other people's stress will negatively affect you.

There are a variety of steps you can take to reduce both your overall stress levels and the stress you find on the job and in the workplace. These include:

- Taking responsibility
- Avoiding pitfalls
- Learning better communication skills

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"The greatest weapon against stress is our ability to choose one thought over another."

-William James