

HOW TO COPE WITH STRESS AT WORK

Get sufficient sleep

Not receiving adequate sleep throughout the night can cause daytime impairment.



An estimated 1 million workers are absent every day because of stress costing the US industry more than \$300 billion in losses due to absenteeism, diminished productivity, and accidents. Here are eight ways to cope with stress in the work place.



Take a deep breath

Deep breathing allows you to calm your mind and reduce the concentration of stress hormones in your blood. It also helps calm down rapidly, think more clearly and focus on what you are doing.

Be optimistic can help reducing stress

Rational optimism means taking a realistic assessment of the present moment and maintaining the belief that you can take action and overcome a challenge or reach a goal.



To stretch and relax your hands, neck and shoulders

Stretching reduces muscle tension, thereby reversing the cycle of tension, then tightening, and pain. It also promotes circulation of new blood to the brain, which can result in mood elevation.

Regular meditation

Meditation triggers the body's relaxation response. It restores the body to a calm state, helping the body repair itself and preventing new damage from the physical effects of stress.



Exercising regularly

Exercise in almost any form can act as a stress reliever. Being active can reduce stress hormones and stimulate production of endorphins, which together help foster relaxation.



Laughing helps reduce stress

Laughter can stimulate circulation and aid muscle relaxation, lower blood pressure, and reduces the level of stress hormones like cortisol, epinephrine, and



Talk to someone about your stress

Talking to someone about your problems can relieve pent-up feelings. Someone outside of the situation may be able to offer a different perspective or assist in finding a solution.

Coping With Job Stress

J Dewey



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