



THE IMPORTANCE OF MANAGING STRESS

What is Stress?

Stress is the body's way of responding to any type of demand, challenge, or threat in order to protect us. The body reacts to these demands with physical, mental, and emotional responses. When working properly, stress can help us stay focused, energetic, and alert. However too much stress can have negative effects on our health, well-being, and safety.

Common Causes of Stress

- Money
- Health
- Jobs
- Relationships
- Safety/Security
- Fatigue
- Family
- Major Changes

Common Signs and Symptoms of Stress

- Easily frustrated
- Difficulty relaxing
- Anxiety and panic
- Social withdrawal
- Low energy
- Headaches
- Aches and pains
- Rapid heartbeat
- Trouble sleeping
- Frequent colds
- Negativity
- Inability to focus
- Poor judgement
- Appetite changes
- Drug and alcohol use

Stress Management

Too much stress can increase our risk of developing several health related conditions and can even interfere with safety at the worksite. Stress can increase our risk of developing high blood pressure, heart disease, type 2 diabetes, digestive disorders, and depression to name a few. It's also not difficult to recognize that stressed workers showing signs of fatigue, poor judgement, and an inability to focus on a worksite, could be a potential recipe for disaster. It's extremely important to put forth efforts to manage stress to both decrease our risk of stress related health conditions and worksite safety incidents.

Tips to Manage Stress:

- Avoid unnecessary stress
- Alter the situation
- Adapt to the stressor
- Accept things you can't control or change
- Adopt a healthy lifestyle
- Practice positivity

Ideas to Relax, Recharge, and Reduce Stress:

- Get regular exercise
- Spend time in nature
- Go for a walk
- Play with a pet
- Set aside time for hobbies
- Read a good book
- Listen to music
- Practice meditation or yoga
- Connect with family and friends

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