

Workplace Stress Management

Chronic levels of stress contribute to:

- Physical and mental health problems
- Reduced energy, chronic fatigue, accelerated aging

This may result in:

- Impaired judgment
- Decreased creative thinking
- Reduced productivity
- Increased absenteeism
- Increased accidents on the job

Some positive coping mechanisms to consider:

- Develop a workplace social support system
- Learn about conflict management
- If needed, take assertiveness training
- Learn how to manage your time
- Set personal career goals
- Draw on your spiritual beliefs
- Develop your sense of humor and have fun
- Practice good nutrition
- Enjoy active living
- Stop smoking or cut back

Some negative coping mechanisms to be aware of:

Avoid the problem	Denial
Fault-finding	Worry
Alcohol or drug abuse	Eating
Smoking	

People who handle stress will possess:

Control - because they focus on what they can control

Challenge - because stress is seen as a way to improve personal growth

Commitment - because they take a proactive approach to dealing with stress

Hardiness – because they have a strong sense of their own coping ability.