



Workplace Stress



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WHILE SOME STRESS IS A NORMAL PART OF LIFE, EXCESSIVE STRESS REDUCES PHYSICAL AND EMOTIONAL HEALTH.

There are a variety of steps you can take to reduce both your overall stress levels and the stress you experience in the workplace.

- Improve your physical and emotional well-being.
- Identifying knee jerk habits and negative attitudes that add to your stress level.
- Learn better communication skills to improve your workplace relationships.

Signs of excessive workplace stress:

- Feeling anxious, irritable, or depressed
- Apathy, loss of interest in work
- Problems sleeping
- Fatigue
- Trouble concentrating
- Muscle tension or headaches
- Stomach problems
- Social withdrawal
- Loss of sex drive
- Using alcohol or drugs to cope

Taking care of yourself

When stress on the job is interfering with your ability to work, care for yourself, or manage your personal life, it's time to take action. Start by paying attention to your physical and emotional health. When your own needs are taken care of, you're stronger and more resilient against stress.

Even small things can lift 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 notice a difference in your stress level, at home and at work.

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