

12 TIPS ON HOW TO BEAT STRESS AT WORK



WORK RELATED STRESS OFTEN DEVELOPS DUE TO HIGH DEMANDS AND PRESSURE THAT ARE PLACED UPON A PERSON WITHIN THE WORKPLACE. THE LONGER THE STRESS REMAINS THE MORE LIKELY A MENTAL OR PHYSICAL ILLNESS COULD DEVELOP



TIP #1

Learn some relaxation techniques such as deep breathing. This is a great way to reduce physiological arousal and stay in control of your thinking.



TIP #2

Think about the goals that you are trying to achieve? Reflect on them regularly.



TIP #3

Work as part of a team. If you are feeling overwhelmed then talk to a colleague about sharing the workload. Don't be afraid to ask for help.



TIP #4

Eat a well balanced diet. Remember to eat breakfast every morning and don't skip meals.



TIP #5

Focus on building reliable and supportive relationships with your colleagues.



TIP #6

Take a break from your work. Breaks will not only help to reduce stress but also allow you to refocus your energy on the important things.



TIP #7

Plan your time and be organised. Stay on top of what needs to be completed.



TIP #8

Be aware of the emotional, cognitive (thinking), physiological and behavioural signs of work related stress.



TIP #9

Look after yourself. Know when to say no and learn when to switch off. Poor sleep can negatively impact your sleep.



TIP #10

Don't forget to exercise. It is a great way to reduce stress and anxiety. Think of ways in which you can incorporate activity into your day.



TIP #11

Be afraid to speak to a colleague, friend or family member about how you are feeling. Don't suffer in silence.



TIP #12

Make sure that you are getting sufficient sleep each night. Not only will you feel more refreshed but it will help you stay focused.



Beating Stress Easy Ways To Beat Stress

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