

# 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. Are they achievable? 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 and stay hydrated. 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

**Shane Cuthbert**



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