

Worksite Wellness Toolbox

What is stress?

Stress is a state of mental or emotional strain or tension resulting from adverse or very demanding circumstances. Stress effects our bodies, minds, emotions, and behaviors. There are many contributors of stress that can affect our work life relationships and quality of work.



Causes of Stress

External:
Adverse conditions around you like high pressure working conditions, noise, and abuse.

Interpersonal:
Culminating from your relationship with others like tension, conflicts, arguments, or abuse.

Adverse physical, mental, emotional or spiritual conditions influenced by your attitudes, beliefs, and illnesses.

Internal:



Workplace stress strategies:

1. Be **aware** of your stress
2. Determine **why** you want to lower it
3. Learn **how** you will lower it
4. Take **action** with positivity
5. **Transform** your actions into habits

Toolbox

Below are some various tools to help you manage your stress. Click on each title to learn more!

[Breathing Techniques](#)

Controlled breathing keeps your mind and body functioning at their best and promotes feelings of calm and relaxation to help you de-stress. This article features 6 breathing exercises to help you relax in 10 minutes or less!

[Journaling](#)

Expressing yourself is a great way to deal with any overwhelming emotion. Journaling can help with managing and reducing stress by helping you prioritize problems, fears and concerns, track and recognize stress triggers, and provide an opportunity for positive self-talk.

[Self-Reflection](#)

Reflection is critical for self-improvement and serves an important psychological function. Practicing mindfulness and being able to recognize your perceived character defects help you in becoming a better person, ultimately reducing stress.

[Self-Care](#)

Taking care of yourself will set you up for success at work and help with reducing stress. Self-calming works at a physiological level to help relax and quiet the mind and the body. Self-care includes healthier eating, exercising more often, meditation, maintaining social support, and getting enough sleep.

[Affirmations](#)

Positive affirmations are a great way to help your unconscious mind go from negative thinking to positive thinking. This method takes positive statements and repeating them so that they're a way of your thinking and seeing the world.

[Exercise](#)

Exercise increases your overall health and sense of well-being. Exercise helps with improving your mood and acts as meditation in motion. Physical activity induces the production of endorphins which are the brain's feel-good neurotransmitters, contributing to stress relief.

[Sleep](#)

Sleep is crucial for human functions, it allows our bodies to rest and our brains to recharge. Not sleeping long or well enough can affect memory, judgement, and mood. Lack of sleep can also contribute to health problems like obesity or hypertension.

[Meditation](#)

Meditation can help with responding with the relaxation response rather than the “fight or flight” response. The relaxation response is a state of deep relaxation in which our breathing, pulse rate, blood pressure, and metabolism are decreased. Training your body to meditate and help it achieve this state of relaxation can lead to an enhanced mood, lower blood pressure, and reduction of lifestyle stress.