



Worksite Solutions

Health and safety information provided by Blount Memorial Business Health

Practical Ways to Manage Stress

Many things can cause stress on the job. Here are some **positive** ways to deal with **negative** stress.

- When you're tense or angry, take five deep breaths.
- Avoid unhealthy ways of relaxing: alcohol, drugs, smoking and overeating - these add to your stresses in the long run.
- Try physical activity.
- Talk to someone about your worries.
- Get enough rest and eat well.
- Get involved.
- Try cooperation instead of confrontation.
- Do one task at a time.
- Read a good book or listen to happy, soothing music.
- Do something for others.
- Think about how you respond to stress. See a counselor if you signs of distress such as:
 - Headaches
 - Stomachaches
 - Drinking alcohol frequently
 - Frequent tense or angry feelings

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