

Stress in the Workplace

- Do you have days when you dread going to work?
- Do you feel like everything is getting on top of you and you can't gain control?
- Do you have trouble switching off when you get home from work?

The list goes on;

Stress can manifest itself in many ways, including the ones listed above, but how can you deal with it?

First and foremost try to identify and acknowledge what is the source of the stress eg when do you feel at breaking point or out of control? Stress in the workplace can unfortunately spill over into our everyday lives and if not addressed can make our lives quite unbearable at times.

Some Helpful Tips

1. Voice your feelings to your line manager or peer group, who may offer helpful advice with regards to dealing with it eg may suggest that you manage your time/workload more effectively
2. Go out for a walk in the fresh air during your lunch break where possible
3. If you're having trouble switching off when you get home, write a list of the things that are causing you upset and you should be able to leave your worries on the note pad
4. Set aside 5 minutes to sit quietly somewhere and take 5 – 10 deep breaths, this will counteract any feelings of anxiety/stress you are experiencing
5. Try not to smoke or drink coffee because as tempting as they may seem to help alleviate feelings of stress they will actually have the opposite effect and increase feelings of stress