



RISK REMINDER

December 2021

Name: _____ Company: _____

Dealing with Stress on the Job

Stress can cause distractions and poor judgement that can lead to illness, injury and poor health and wellbeing.

Causes of Stress

Though every individual reacts to situations differently, there are several instances that can trigger undue stress at work:

- Heavier workload caused by the holiday season
- Pressure to keep on time deliveries
- Conflict with people or coworkers

Look out for early signs of stress and resolve to take steps to reduce it.

As you see symptoms, they can develop into more serious health complications such as depression, anxiety and even heart conditions. Be wary of the following warning signs:

- Insomnia
- Low morale
- Short temper
- Headache
- Upset stomach
- Extremely sore back
- Job dissatisfaction

Stress-Reducing Activities

To reduce stress on the job consider these recommendations:

- **Plan Ahead**
 - Create a plan and follow through
- **Prioritize Your Work**
 - Break large tasks into smaller more manageable tasks.
- **Slow Down**
 - Think before you act to avoid having to repeat tasks.
- **Use Resources**
 - Ask for help
- **Resolve Conflicts**
 - Resolve conflict with co-workers, notify your supervisor to assist in resolving conflict



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