TAKE A BREAK FROM STRESS **STRATEGIES TO HELP YOU** REDUCE WORKPLACE STRESS ~7~~ **IDENTIFY STRESS TAKE CARE OF PATTERNS & PLAN A LEARN TO** GET **GETAWAY AVOID THEM** YOURSELF RELAX HELP Write down what Use all your Look into Reach out to Exercise, eat right and get vacation dayshappens, how meditation and supervisors, family and deep-breathing you react and you earned enough sleep. how you calm friends. Also, see them! exercises. if your employer down. has stress

management resources.

RESEARCH SHOWS WORKPLACE STRESS IS RESPONSIBLE FOR UP TO \$190 BILLION IN ANNUAL U.S. HEALTHCARE COSTS.

For more information on this and other safety topics, please log on to the member-exclusive website at **nsc.org**.

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BILLION



