

TAKE A BREAK FROM STRESS

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STRATEGIES TO HELP YOU REDUCE WORKPLACE STRESS



IDENTIFY STRESS PATTERNS & AVOID THEM

Write down what happens, how you react and how you calm down.



TAKE CARE OF YOURSELF

Exercise, eat right and get enough sleep.



PLAN A GETAWAY

Use all your vacation days—you earned them!



LEARN TO RELAX

Look into meditation and deep-breathing exercises.



GET HELP

Reach out to supervisors, family and friends. Also, see if your employer has stress management resources.

\$190 BILLION

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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