



Reducing Stress

It's all about balance.

A reasonable amount of stress is not necessarily a bad thing. But too much stress can be unhealthy. How do you know when your cup is overflowing? Short-term effects include excessive sweating, cold hands and feet, tension and upset stomach. Long-term effects include allergies, headaches, ulcers, high blood pressure and heart problems. Psychological or behavior effects include moodiness, depression, inability to concentrate and use of drugs or alcohol.

Mentally healthy employees are more productive.

And that's smart safety!

For additional information or guidance, contact your safety office.