



Managing Stress

It's a matter of degree.

A little stress keeps us on our toes but too much can make us sick. Identify the things that cause your stress and do something to minimize the impact. Try to avoid small annoyances, like traffic on your commute or lines in stores. Find a less-traveled route or do your shopping during off hours. Maintain a sense of humor. Learn to laugh at some of the situations that are causing you stress. It may not change the situation, but it can change your attitude and relieve the stress. Share your problems with a friend, family member, co-worker or professional counselor.

Finally, another important stress management technique is to plan ahead so you won't stress at the last minute.

And that's smart safety!

For additional information or guidance, contact your safety office.