



Handling Stress

Push your pause button.

When you acknowledge the signs of harmful stress, you can learn how to cope with it. Count to 10 — or higher. Take a few deep breaths or a few sips of water before reacting. Take a few minutes to think about the situation if you don't need to react instantly. Calm down and even write out your thoughts.

Making time to relax for short periods during the day is a way to manage overall stress in our lives.

And that's smart safety!

For additional information or guidance, contact your safety office.