



Creating a Culture of Health

Helping employees manage stress.

According to the American Psychological Association, 65% of Americans cite work as a top source of stress. Stress in the workplace is responsible for lost productivity, higher employee turnover and lower job satisfaction. Stress can lead to physical health issues such as headaches, trouble sleeping, high blood pressure and upset stomach.

The following steps can help alleviate job stress and create happy and healthy workers.

1

Track your stressors

Keep note of situations that cause your stress levels to rise. Also note how you react in these situations. Do you reach for a snack? Call a friend? Raise your voice?

2

Develop healthy responses

When you feel your stress levels rising, calm down by taking some deep breaths, going for a short walk, listening to classical music or speaking with a friend or colleague about the situation. Practicing relaxation techniques such as meditation and mindfulness, yoga and tai chi can also help keep you in a calm state of mind.

3

Get support

Talk to your supervisor as well as colleagues or friends to come up with effective ways to better cope with workplace stress. Many employers have stress management resources available through an Employee Assistance Program (EAP).

4

Set aside time to unwind.

Make time each week to completely switch off from work and do something you enjoy.

Get more tips on [coping with stress at work](#) from the American Psychological Association