



ADULT

HEALTH BULLETIN



APRIL 2020

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THIS MONTH'S TOPIC:

STRESS BUSTERS FOR WORK



April is Stress Awareness Month, and if you have ever had a job, most likely you have experienced work-related stress. Stress at work is common and potentially can affect your health negatively. Health effects can range from being more susceptible to the flu to increased chances of heart disease. While finding a low-stress job may be hard or impossible, you can adopt effective strategies to reduce stress at work. Here are some stress-management techniques to try:

Positive work partner

Talk with a trusted co-worker about the stressor you are facing at work. They might be able to provide insights or offer suggestions for coping. Sometimes just expressing your stressors can help reduce anxiety.

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Take a movement break

Sitting for long stretches at your desk is not good for your health. Take a stretch break every hour or maybe host a walking meeting.

Establish boundaries

In today's world, it is easy to feel pressure to be available 24 hours a day. Establish work-life boundaries by not checking email from home in the evening.

Prioritize and organize

Planning and staying organized can greatly decrease stress at work. Prepare a list of tasks in order of priority and block out time to work on them without interruption. If needed, break large projects into smaller steps.

Other stress busters to try

- Get enough sleep (7 to 9 hours a night).
- Get regular physical activity (30 minutes a day).
- Eat a healthy diet.
- Avoid overscheduling by saying “no.”
- Make time for the things that bring you joy.

While dealing with stress at work may be unavoidable, it is manageable. Remember that some level of stress is normal, but you do not want it to last weeks or months. Try a few or all of these stress busters to help bring your stress levels back down into the healthy range.

REFERENCES:

- <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/coping-with-stress/art-20048369>
- <https://www.apa.org/helpcenter/work-stress>

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