

Week 1 – December 31, 2007

Fatalities 000
20 yearsLost Time 000
339 daysRecordable 000
27 days

Managing & Reducing Stress



Stress is an everyday fact of life. When there is too much stress in our life or it lasts too long, it can become harmful. Unmanaged stress can lead to illness or injury, low productivity, & unsafe acts at work. We must also understand **NOT ALL STRESS IS BAD!** The best level of stress is the amount which improves a person's performance without the harmful side effects!



Stress Management Leads to Stress Reduction!

By managing stress, it becomes a more positive force in your life. Identifying, understanding, and taking charge of what's causing our stress is the first step to relieving or preventing it.

Using alcohol or drugs does not help manage stress – IT CAN ADD TO IT.

It's important to remember that in any stressful situation, we always have choices. **WE CAN...**

ACCEPT IT! Realize that some things are outside our control. All we can do is accept them and learn from them. There may be times when we need to seek advice or support from friends, co-workers, or a healthcare professional.

AVOID IT! Stay away from situations or sources of constant frustration. Choose to remove yourself from the situation or, if possible, rearrange your surroundings to avoid the issue creating the stress. If the issue is time-related, plan ahead.

ALTER IT! Change the situation by communicating your feelings to management. Choose to change the way you feel, or if that isn't possible, talk to someone who can help to change the situation that is affecting you negatively. Don't be afraid to ask for help or to take advantage of the Employee Assistance Program (EAP), Life Works.

ADAPT TO IT! Learn to cope with the situation or to look at it as an opportunity. Focus on the positive things about the situation as well as the positive things in your life.

MOST IMPORTANTLY, DO NOT IGNORE IT!!

RECOGNIZING THERE IS AN ISSUE IS THE FIRST STEP TO CORRECTING IT!

It is important for employers, supervisors, & workers to recognize stressful jobs, situations, & the signs of stress in themselves or co-workers before accidents, injuries, or other preventable incidents occur.