

# Managing Workplace Stress



## Reduce your stress level:

Think about what is causing the stressful situation and find a solution

**Get help** - talk to your manager, your doctor, a family member or friend

**Get enough sleep** - 7-9 hours a night helps restore your mental and physical energy

**Eat healthy** - fruits and vegetables, lean protein, whole grains and limit sugar

**Exercise for 30 minutes a day** - pick an exercise that fits your lifestyle

**Leave your work at work** - don't let it take over your personal time

**Create a quiet and relaxing environment** - free from electronics and noise

**Plan a getaway** - use all your vacation time, you've earned it

**By maintaining these healthy habits, you can make your body and mind more resilient, and better able to deal with the stressful events that come your way.**

