

10 WAYS TO COMBAT

WORKPLACE STRESS



Know you're not alone

Things can start to feel very lonely when you're stressed. You might feel like you're the only one holding things up and that if you break, everything will crumble. Remember that you're not really alone. Help is out there - you only need to ask for it.

Active steps for reducing your stress



Admit it

If you're feeling under too much pressure at work don't just ignore your feelings and plough on.



Talk about it

Help takes many forms - the solution might be simpler than you think.



Slow down

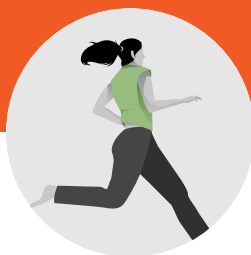
Focus on what you're doing now. You can't meet deadlines by panicking about them.



Identify the causes

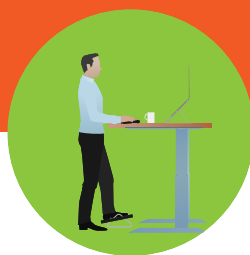
Take some time out to think about the source of your stress.

Preventative & coping strategies



Exercise

It's hard but if you are physically able to, you just have to do it. Exercise is nature's greatest anti-depressant.



Take a breather

You don't need to be rooted to your computer all day to show you're a 'hard worker'.



Book some holiday

Removing yourself from a situation can help you see things from a new perspective.



Remember your life

Make time for the other things in your life - your hobbies, your friends and family.



Be nice to yourself

Learn to be less self-critical. Make an effort to say nice things to yourself.