How to Cope with Work Stress?

Physical signs of stress

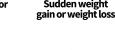- Difficulty breathing
- Muscle aches and headaches
- Blurred eyesight or sore eyes
- Panic attack
- Sleep problem
- Indigestion or heartburn
- Sudden weight gain or weight loss
- Fatigue
- Constipation or diarrhea
- Feeling sick, dizzy or fainting
- Developing rashes or itchy skin
- Sweating

How stress can make feel

- Over-burdened or overwhelmed
- Irritable, angry, impatient or wound up
- Anxious, nervous or afraid
- Worried or tense
- Depressed
- Neglected or lonely
- A sense of dread
- Unable to enjoy yourself
- Existing mental health problems getting worse
- Like you've lost your sense of humor

How to cope with stress at work?

You don't need to cope with stress at work alone. Here are some general ideas you can try to help you manage stress:

Figure out what you find stressful
You could make a Wellness Action Plan to map out what causes you stress and what keeps you well. Once you know what's best, talk to your employer. They may be able to make some changes to help you.

Try practicing mindfulness
This practice is about focusing on the here and now. It might help you to find calmness and clarity to respond to stressful situations. You will not be distracted by past or future.

Learn different coping techniques
Everyone deals with stress differently, so take time to find methods that work for you. Use them as soon as you start to feel pressure building.

Look after your physical health
Eat well, drink enough water and do physical exercises. Not only it can boost your mood and reduce stress but you will also feel better.

How to manage common stressful situations at work

If you feel stressed by a certain problem at work, you might not be alone in this. Many of us may experience these common stressful situations in the workplace. The important thing is understanding how to manage them.

Ask your manager for help
Discuss your workload with your manager, if you have one. Try setting realistic targets and talk about how you can solve the issues you're having.

Try to balance your time
You might be doing too much at once. If you don't give each task your full attention, it can take longer. Try to claim your time back if you ever need to work extra hours to get something done.

Reward yourself for achievements
Rather than only focusing on work that needs to be done next, reward yourself for tasks you've completed. Your reward could be taking a break to read, doing a puzzle, chatting with co-workers or spending time outside.

Be realistic
You don't have to be perfect all the time. You might find that you're being more critical of your own work than you need to be. Work within your limitations and try to be kind to yourself.

> "It's not stress that kills us, it's our reaction to it."
> Hans Selye

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