



## CONTROLLING STRESS

Stress is a negative emotion that everybody tries to avoid. It is emotional strain or tension caused by adverse conditions. Stress appears when we cannot handle the pressure of a situation, and it triggers physiological responses. Significant changes in life, such as major illness, changing or losing a job, moving to a new house, conflicts at home or the workplace, environmental factors (noise, excessive light, etc.), unrealistic expectations, and perfectionism can cause stress. Sometimes small things can cause stress at work. This is normal and can often help employees to be more focused on job or finish the job faster. At the workplace, major stress can come from conflict with your manager/coworker, having too much (or too little) work, or working on something that is not satisfying for you. Other factors that may contribute to stress include lack of role clarity, poor management, job changes, ineffective communication, and job insecurity. Stress can affect people in different ways, and everybody deals with it differently. As a result of stress, the human body releases chemicals which can lead to mental or physical health effects.

### Some Tips to Help Reduce Your Stress:

Give yourself time to do something you enjoy. This can be a personal hobby or spending time with friends on the weekends.

Keep up your energy by eating healthy foods (vegetables, fruit, high fiber foods, grain, etc.).

Get a sufficient amount of sleep regularly.

Stay connected with friends and family.

Take an active role in your health:

Medical checkups

Regular exercise

Think positively and try to manage your stress (deep breathing, taking vacation time, etc.).

### Work Site Review: Hazards/Safety Suggestions

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Company Name: \_\_\_\_\_

Work Site Location: \_\_\_\_\_

Date: \_\_\_\_\_ Start Time: \_\_\_\_\_ Finish Time: \_\_\_\_\_

Foreman/Supervisor: \_\_\_\_\_

### Employee Signatures: (continue on back of sheet if necessary)

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(My signature attests and verifies my understanding of and agreement to comply with, all company safety policies and regulations, and that I have not suffered, experienced, or sustained any recent job-related injury or illness)

**Manager/Supervisor's Signature:** \_\_\_\_\_

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