



Toolbox TALK



STRESS MANAGEMENT

Stress is a physical or mental response to pressures from a positive or negative event or circumstance. When stressed, the body releases hormones that can accelerate your heart rate and breathing, increasing your blood sugar and blood pressure levels. Learning to manage stress helps to avoid serious health problems related to chronic stress, such as heart disease or obesity.

POTENTIAL IMPACTS OF STRESS

It's important to recognize the many effects stress can have on you physically and mentally. Studies have shown stressed employees are more prone to accidents, injuries, and workplace violence. Other possible effects of stress include:

- ▶ Loss of appetite
- ▶ Ulcers
- ▶ Psychological disorders
- ▶ Suicidal thoughts
- ▶ Migraines
- ▶ Sleeping difficulties
- ▶ Disruption of social and family life
- ▶ Emotional instability
- ▶ Increased use of cigarettes, alcohol, and/or drugs
- ▶ Changed attitude and work behavior.



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STRESSORS AT WORK

Did you know that approximately 65% of U.S. workers, surveyed by the [American Psychological Association](#) each year from 2019-2021, have said work was a very significant or somewhat significant source of stress? The Occupational Safety and Health Administration cites numerous [workplace stressors](#) including:

- ▶ Job security
- ▶ Fear of employer retaliation
- ▶ [Long hours, extended or irregular shifts, fatigue](#)
- ▶ Communication problems
- ▶ Blurred work-life boundaries.



COPING WITH STRESS



According to the Mayo Clinic, inactive methods, like watching television, seem relaxing but can increase stress over time. Instead, they recommend active [methods for managing stress](#), such as meditating, spending time with loved ones, or enjoying a hobby. Other active ways to cope with stress include:

- ▶ Taking frequent breaks - Go for a two- or three- minute walk around the office or step outside for a breath of fresh air.
- ▶ Eating well - Minimize your intake of sugar, caffeine, and alcohol.
- ▶ Consuming essential vitamins - B12 helps to give the body more energy.
- ▶ Laughing - Keep a sense of humor.
- ▶ Exercising - Physical activity helps to improve the body and mind.
- ▶ Being well-rested - Get at least seven hours of sleep each night.

Date:

ATTENDANCE RECORD

SUPERVISOR:

CREW MEMBERS PRESENT:

COMMENTS/FEEDBACK: