

STRESS MANAGEMENT AT WORK FOR EMPLOYEES

REDUCING YOUR STRESS LEVELS AT WORK

Between a fast-paced work environment and the everyday stresses of modern life, keeping our stress levels down can be a challenge. But stress doesn't just impact our mental wellbeing – it can also influence our physical health, with high stress linked to headaches, muscle tension, elevated blood pressure, fatigue, and more.

Below, we've put together a few ideas to help you keep those everyday stresses in perspective.

1 SET REALISTIC EXPECTATIONS

When facing a heavy workload or busy working environment, it can be difficult to feel positive about the work that we do. Setting realistic goals and expectations for yourself and your capacity can reduce any feelings of underachievement or being overwhelmed

2 PRACTICE WORKPLACE SELF-CARE

Taking time to engage with some light exercise, mindfulness activities, or socialising with colleagues is key to making your working day feel more comfortable and grounded .



3 IMPLEMENT A ROUTINE

Humans are creatures of habit, so use this to your advantage! Try out time management routines such as the Pomodoro technique to turn your focus periods into a dedicated system, break up your day with short rest periods, and establish an end-of-day routine to help your brain shut down for the day.



4 USE WORKPLACE RESOURCES

Don't be afraid to use the wellbeing benefits that your workplace has put in place. Whether that's calling up your Employee Assistance Programme for support, turning to a workplace Mental Health First Aider, or simply speaking to an understanding manager or colleague can go a long way in alleviating the immediate symptoms of stress.

5 ESTABLISH BOUNDARIES

Even if it may sound daunting, setting boundaries on your own time and space is vital to keeping stress levels down. Acknowledging when you're at capacity, using your holiday hours, and logging out on time – especially when home working – can prevent your work-life balance from tipping.