



Job Stress? You Can Deal with It

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Unless you're independently wealthy, you probably have a job. It's a safe bet that you probably like that job most of the time, but it can also be stressful and uncomfortable on occasion.

Stress is a natural part of anyone's work environment, but if you learn to handle it in positive ways, you'll enjoy greater job satisfaction.

Learning to deal with job stress can take time and effort, but there's no better time than the present to get started on your journey to successfully handling stress and enjoying your job, day after day. It makes a better work environment for you and everyone you work with.

What Causes Your Stress?

There are mental and emotional manifestations of stress, but there are physical ones as well, and recognizing them can help make it easier to understand where most of your stress is coming from.

Knowing where you experience most of your stress won't remove it, but *gaining an understanding* is the start of finding ways to lower your stress levels.

Some things that make you stressed on the job can include:

- Performance evaluations
- Productivity numbers
- Errors
- Equipment incident
- Training
- Attendance and Tardy

Even if there are a lot of things going on with your job that cause you stress, ***you can let that stress go and feel good again.***

Letting Go of Job Stress at Work

Some people unleash their stress by yelling, acting out, and verbally attacking others around them. This can happen all too easily in an warehouse environment where people are packed close together, but you can avoid these kinds of things and release your stress properly and gently.

Try these strategies to release your stress at work:

- 1. Remember to breathe.** Breathing is vital for survival, but it's also great for calming you down when you breathe *effectively*. Inhale slowly through your nose, and feel the air fill up your abdomen, not your lungs. Then exhale slowly through your mouth. If you do that a few times, ***you'll feel calmer and less stressed.*** It's great for anxiety, too.
- 2. Squeeze a stress ball.** They're small, lightweight, and designed to be squeezed when you feel stressed out. Even if you feel a little silly at first, they can be very beneficial.

Letting Go of Job Stress Away From the Job

When you get home from a challenging job, leave your stress behind. Avoid carrying it around with you as you go about the rest of your day. What happens at the office should really stay there, but that may be easier said than done.

Some things to consider when you let go of stress at home include prayer, meditation, yoga, exercises, talking things over with friends or family, playing with a pet, or anything else that makes you feel joyful and peaceful. You *can* create the kind of atmosphere you want in your own home, even if it's not possible to do that at your job.

When you let go of job stress on a daily basis as it happens, you avoid going around frustrated and angry. It helps your relationships with other people, your own health, and the way you feel about yourself.

Some people turn to medications to deal with stress, but ***you have the ability to handle your job stress effectively on your own.*** Practice breathing, practice any activity that makes you happy, and practice appreciating what you have!