COPING WITH STRESS IN THE WORKPLACE
NEGATIVE STRESS

Negative Stress Results

- Loss of motivation
- Reduces effectiveness
- Physical, mental, and behavioral problems

05/25/13
* Cognitive: decreased attention, narrowing of perception, forgetfulness, less effective thinking, less problem solving, reduced ability to learn; easily distracted.

* Behavioural: overeating or loss of appetite, impatience, quickness to argue, procrastination, increased use of alcohol or drugs, increased smoking, withdrawal or isolation from others, neglect of responsibility, poor job performance, poor personal hygiene, change in religious practices, change in close family relationships.
Reduce job stress by prioritizing and organizing

Time management tips for reducing job stress

* Create a balanced schedule.

* Don’t over-commit yourself

* Try to leave earlier in the morning. Even 10-15 minutes can make the difference between frantically rushing to your desk and having time to ease into your day. Don’t add to your stress levels by running late.

* Plan regular breaks. Make sure to take short breaks throughout the day to take a walk or sit back and clear your mind.
STRESS RELATED ILLNESSES

- HEART DISEASES
- ASTHMA
- OBESITY
- DIABETES
- HEADACHES
- GASTROINTESTINAL PROBLEMS
- ACCELERATED AGING
- PREMATURE DEATH