

# Safety Moment of the Week

## Manage Stress Effectively!

June 24<sup>th</sup> – 30<sup>th</sup>, 2018

### Be Aware

It is important to know what triggers stress symptoms in your life. The more you are aware of stress triggers, the better you can deal with them. Over the next few days, be mindful of any stressful situations that come up and think about your normal way of coping. Once you get a sense of how you might normally deal with stress, you can start trying new ways to manage your stress.

### Signs of Stress

A number of problems can be the result of excessive stress in your life. They are your body's way of telling you that something is wrong. If you consistently notice these, talk to a doctor or a stress management specialist.

- An increase in heart rate and blood pressure
- Muscle tension
- Poor concentration
- Irritability
- Sleep problems

### Trying Some New Techniques

Here are some simple stress management techniques that might help you better manage your stress. No single coping skill will let you completely manage all your stress, all the time. It is best to develop a set of tools to use when stressful situations come up.

- Exercise
- Healthy eating
- Get a good night's sleep
- Talk it out with a family member or friend
- Relax by doing something you love
- Set priorities and schedule your time
- Deep breathing exercises

