

Ways to Manage Stress

The first step to managing stress is to identify the symptoms. By doing this you can choose how to respond. Acknowledge that you're feeling stressed and try to minimise the stress.

Some great ways to reduce stress include:

- Take regular breaks at work
- Go for a walk
- Take some 'Me' time by reading a book, having a cup of tea or taking a bath
- Do Yoga
- Try meditation
- Breathing exercises
- Leave work at work
- Don't just say yes, it's ok to say no
- Talk to someone about what is causing the stress



10 minutes is all that's needed to refresh the mind, take care of ourselves and reduce stress.

Recognising Stress in Others

When stress levels are high it can affect the workplace culture and home life. Being able to recognise the symptoms of stress in others as well as ourselves is important and can help stop stress from spiralling out of control. Some of the signs to look for include losing their temper quickly, becoming snappy, having difficulty concentrating on tasks and making decisions or worrying and anxiety.

If you suspect that someone in your office or family is not coping well with stress, speak to them about it. Suggest taking a break and going for a walk together. If possible, try to reduce the workload or discuss ways to manage and prioritise tasks.

Integrate Sustainability

Primary Business Address
Unit 6 11 Colin Grove
West Perth, 6005
Western Australia

Phone: (+618) 9468 0338
E-mail: enquiries@integratesustainability.com.au

Life is short. Don't let stress take over. Many employers offer access to support services which can assist with developing coping mechanisms and resilience to stress. Don't be afraid to seek them out.

Remember, stress is a natural and important part of life. Just don't let it take control of your life.

There are lots of useful tools on the internet that can help to identify stress and suggest ways to manage stress. These are worth reading for more information.

<http://www.stress.org.uk>

<https://www.beyondblue.org.au/get-support/staying-well/reducing-stress>

<https://www.psychology.org.au/for-the-public/Psychology-Topics/Stress>



■ environment ■ safety ■ community

