

# OVERCOME STRESS IN THE WORKPLACE

Feeling stressed in the workplace is a common issue among employees. This problem can affect mental health.



1 in 5 people feel burnout in their workplace, and it is a common thing.

## 35%

of line managers believe this issue matters.



## Stress in the workplace can result in

- Lack of creativity
- Easy to get angry
- Bad teamwork
- Feel tired

## Cause of stress

- Work pressure
- **Deadline**
- **Bad strategic direction**
- **Bad lifestyle**
- **Low salaries**
- **Lack of social support**

## How to overcome stress

- Take time to recharge
- **Build good communication with your colleague**
- **Get some support**
- **Get enough rest**

### **Immediate Coping Strategies:**

- ☐ Identify immediate coping strategies for moments of distress, such as grounding exercises, guided imagery, or counting exercises.
- ☐ Have a list of calming activities, such as listening to soothing music or taking a warm bath, to provide comfort during difficult times.



### **Emergency Contacts:**

- ☐ Create a list of trusted friends, family members, or mentors who can provide emotional support during challenging moments.
- ☐ Share your mental health status with close individuals to ensure a support system is aware of your well-being.

### **Safety Planning:**

- ☐ Develop a safety plan outlining specific steps to take during a mental health crisis, including who to contact and where to seek immediate help.
- ☐ Consider creating a "calming kit" with items or activities that bring comfort and distraction during difficult times.

### **Encourage Support Systems:**

- ☐ Foster open communication with loved ones about mental health and encourage mutual support.
- ☐ Share information about mental health resources and encourage others to prioritize their well-being.

