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**

Daily Routine:

☐ Sleep: Aim for 7-9 hours of quality sleep each night to support overall well-being.

☐ Diet: Focus on a balanced and colorful diet with a variety of fruits, vegetables, lean proteins, and whole grains.

☐ Exercise: Engage in regular physical activity, such as walking, jogging, or practicing yoga, to boost mood and energy levels.

☐ Mindfulness Practices: Explore mindfulness activities like meditation, deep breathing, or progressive muscle relaxation for stress relief.

Social Connection:

☐ Plan regular social activities with friends and family, whether it's a virtual game night, coffee chat, or outdoor activity.

☐ Join clubs or groups with shared interests to build connections and expand your social network.

Stress Management:

☐ Deep Breathing: Incorporate deep breathing exercises to calm the nervous system during stressful moments.

☐ Joyful Activities: Identify and engage in activities that bring joy and relaxation, whether it's reading, listening to music, or spending time in nature.

Self-Care:

☐ Take short breaks during work or study to prevent burnout.
☐ Practice self-reflection through journaling and express gratitude
  for positive aspects of your life.