

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:

- ☐ Encourage maintaining a regular sleep schedule.
- ☐ Promote a healthy and balanced diet.
- ☐ Include regular physical activity.
- ☐ Suggest mindfulness practices like meditation or yoga.



Social Connection:

- ☐ Emphasize the importance of maintaining positive social connections.
- ☐ Encourage spending time with friends and family.
- ☐ Participate in group activities or clubs.

Stress Management:

- ☐ Provide stress-reducing techniques like deep breathing exercises.
- ☐ Recommend hobbies or activities that bring joy and relaxation.

Self-Care:

- ☐ Stress the importance of self-care activities, such as taking breaks and doing things one enjoys.
- ☐ Include suggestions for self-reflection and gratitude practices.

