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**

Professional Support:

- ☐ Explore self-help resources, such as books, podcasts, or online forums, to gain insights into mental well-being.
- ☐ Consider talking to a trusted friend or family member about your thoughts and feelings.

Self-Reflection:

- ☐ Journal regularly to explore emotions, identify patterns, and gain a deeper understanding of yourself.
- ☐ Challenge negative thought patterns by questioning their validity and considering alternative perspectives.

Healthy Coping Mechanisms:

- ☐ Develop a toolbox of healthy coping mechanisms, such as creative expression, mindfulness activities, or hobbies, to navigate stress.
- ☐ Connect with online communities or support groups to share experiences and learn from others.

Balanced Lifestyle:

- ☐ Set realistic goals and break them down into manageable steps to avoid feeling overwhelmed.
- ☐ Establish boundaries between work or study and personal life to maintain a healthy balance.