

Quash Workplace Stress

Stress is the reaction people have to excessive pressures or demands placed upon them. It arises when they worry that they can't cope.

Stress can result in:

- Worry
- Tension
- Tiredness
- Fear
- Elation
- Depression
- Anxiety
- Anger



What causes Stress?

Physical Environment, Social Interaction, Organisational, Major Life Events, and Daily Hassles.

Negative Stress is a contributory factor in minor conditions, such as headaches, digestive problems, skin complaints, insomnia and ulcers. Excessive, prolonged and unrelieved stress can have a harmful effect on mental, physical and spiritual health.

Positive Stress can spur motivation and awareness, providing the stimulation to cope with challenging situations. Stress also provides the sense of urgency and alertness needed for survival when confronting threatening situations.

How do I know if I have work-related stress?

If you have the symptoms of stress outlined above and are unsure why you are feeling this way, you need to reflect on your life and maybe for the first time try to diagnose where the stress or the pressure is coming from. Ask yourself the following questions and try to be honest with yourself:



- Is this feeling coming from the environment at home?
- Is it coming from relationships?
- Is it coming from within yourself, or from memories which you find upsetting?
- Is it a recent event which has caused this reaction in you?
- Have you felt this way before or is this a new feeling/experience for you?
- What else has changed in your life recently?
- Is it associated with work? If so, is it your job or some social aspect of the workplace itself?

Top 5 Stress Relievers

1. Take Your Vitamins

Taking your vitamins in the morning really can help you feel less stressed throughout the day. In particular, try a Vitamin B complex, Calcium and Magnesium, and Vitamin C. You should always talk to your doctor before beginning any new vitamin regime to be sure you take a mix that is safe for you and your particular situation, but vitamins are a quick and beneficial way to relieve stress if taken appropriately.



2. Listen To Music During Your Regular Activities

Music has proven health and stress relief benefits, and can be easily used in daily life to relieve stress. Busy people can turn on music during their morning routine, while commuting to and from work, during dinner, or at other times to relieve stress as they go about their daily activities. It takes virtually no extra time, and provides real benefits.

3. Practice Breathing Exercises

Breathing exercises are a great way to relieve stress anytime and anywhere. They're simple to learn, simple to use, and can be done on the spot when you feel tense, immediately helping you to feel better. One very effective exercise is to 'inhale peace' and 'exhale your stress'.



4. Learn To Say No

How much less busy could your schedule be if you said no to all new commitments? It's sometimes hard to say no especially if you're concerned about disappointing or offending people.

5. Develop a Positive Attitude

Optimists and positive thinkers experience better health, less stress, and more 'luck' in life. While it takes a little practice to develop a more positive frame of mind, a positive attitude can really change your whole experience of life and how you live it. After some initial learning and a bit of practice the rewards are continual, which is a pretty big payoff.

What publications are available about Stress in the workplace?

- [Work Positive – prioritising organisational stress – a resource pack](#)
- [Work Related Stress – A Guide for Employers](#)

The above are available from the HSA Publications Unit on 1890 289389 or the website www.hsa.ie.