



Safety First

Managing Job Stress - Most people are living a hectic life in a hectic world today. Everything seems to be go, go, go. There is little time to stop and relax.

Many ignore how stress causes accidents in the workplace, which can put them at a high risk for serious injuries. In fact, a Gallup Poll sponsored by the Marlin Company found that 60% to 80% of accidents on the job are directly related to stress. Many times, the reason why stress causes accidents in the workplace is because it causes people become inattentive to their surroundings. So, no matter what type of work setting, be aware of your stress level and how it affects your safe work practices.

Get moving

Go for a walk. Regular exercise can relieve anxiety by releasing endorphins that will make you feel more grounded. Going for a walk when you are upset gives you time to calm down as well. Be sure to take time to enjoy the scenery around you. This will get your mind off of the things that are bothering you and give you a chance to relax.

Make food choices that keep you going and make you feel good

Eating small but frequent meals throughout the day maintains an even level of blood sugar in your body. Low blood sugar makes you feel anxious and irritable, and eating too much can make you lethargic.

Drink alcohol in moderation and avoid nicotine

Alcohol temporarily reduces anxiety and worry, but too much can cause anxiety as it wears off. It can also start you on a path to alcohol abuse and dependence. Similarly, smoking when you're feeling stressed and overwhelmed may seem calming, but nicotine is a powerful stimulant – leading to higher, not lower, levels of anxiety.

Get enough sleep

Stress and worry can cause insomnia, and lack of sleep leaves you vulnerable to stress. When you're sleep deprived, your ability to handle stress is compromised. When you're well-rested, it's much easier to keep your emotional balance, a key factor in coping with job and workplace stress.

Relax, relax, relax

Take a deep breath. Deep breathing exercises are one of the most relaxing things you can do. It centers you and brings you back into the moment. It is very hard to worry about something that happened in the past or be afraid of the future if you are living in the present moment.