



Health Tips – Stress Management



Quick Ways to Lower Stress while at Work:

- Take time away. When stress is mounting at work, try to take a quick break and move away from the stressful situation. If allowed by your workplace, Take a stroll outside the workplace if possible, or spend a few minutes meditating in the break room. Physical movement or finding a quiet place to regain your balance can quickly reduce stress.
- Talk it over with someone. In some situations, simply sharing your thoughts and feelings with someone you trust can help reduce stress. Talking over a problem with someone who is both supportive and empathetic can be a great way to let off steam and relieve stress.
- Connect with others at work. Developing friendships with some of your co-workers can help buffer you from the negative effects of stress. Remember to listen to them and offer support when they are in need as well.
- Look for humor in the situation. When used appropriately, humor is a great way to relieve stress in the workplace. When you or those around you start taking things too seriously, find a way to lighten the mood by sharing a joke or funny story.

*Still feeling Stressed? Attend the **Introduction to Mindfulness Group** & learn about mindfulness meditation, relaxation and breathing exercises. Visit the Union Health Center (UHC) website for more information: <http://www.unionhealthcenter.org/>*