

Be Well—Stress Management at Work

While there is no way to remove ALL of the stress from work, you can take some daily steps to help lower and manage the stress from your job.

- Connect with others in your office and around campus. Developing friendships with co-workers can help you better manage the negative effects of stress.
- If you see the downside of every situation and interaction, you'll find yourself drained of energy and motivation. Try to think positively about your work and avoid negative co-workers.
- In stressful moments, give yourself a 2-minute break from what is bothering you and focus instead on your breathing. Sit up straight, close your eyes, and put one hand on your belly. Slowly inhale through your nose and out your mouth.
- A good belly laugh does more than distract you from your stress; it helps you manage it better. Laughing lowers your body's stress hormones while increasing chemicals that boost your mood. Have you laughed today?
- Not only does a clean desk help increase your productivity and motivation, but it can also relieve stress. Spending a little time to get organized can save you time and unnecessary stress.
- Take movement breaks throughout the day. Movement gives the body a chance to deal with stress.
- Keep a simple stress ball on your desk for times when stress gets out of hand.
- Get other points of view. Talk with trusted colleagues or friends about the issues you're facing. They might be able to provide insights or offer suggestions for coping. Sometimes, simply talking about a stressor can be a relief.
- Set aside time for activities you enjoy—such as reading, socializing, or pursuing a hobby.