

Don't Let Job Stress Control You

Most of us need a job to pay the bills. Even a good job can be hard on your mind and body. This is called job stress. Too much job stress can make you sick, miss work or not enjoy other parts of your life.

Here are a few problems job stress can cause:

- Trouble sleeping
- Headaches
- Feeling grumpy or short tempered
- Having an upset stomach
- Changes in your appetite or weight
- Trouble thinking clearly
- Missing more work days than others
- Using more tobacco or drinking

You Can Lower Job Stress!

There are ways to lower job stress. **Here are some things you can do on your own to help yourself:**

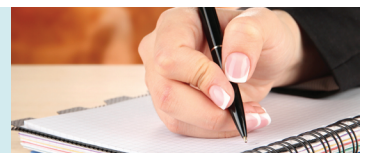
Take breaks. Just 10 minutes to yourself can help a lot. Always take your breaks. Try taking a walk or just sitting with your eyes closed. Even top athletes take breaks between quarters to be at their best.



Exercise and eat a healthy diet. Walking for 30 minutes a day can tell your body to relax and give you more energy. Do any exercise you enjoy to keep stress down. Try to eat lots of fruit, vegetables and lean meat. Drink water instead of soda.



Do the important things first. Make a list of what you need to do each day. Start with the most important things and work your way down.



Talk to someone. Share your feelings with a trusted co-worker or boss if you can. You might also talk to a family member or friend. If you need more help, see a therapist. He or she can help you find the source of your stress. Then, you can work together to fix it.



We're Here for YOU!

If you have any questions about job stress or need help finding a therapist, please call us at **1-800-578-0603 (TTY: 711)**. We want to help you!

Source: American Psychological Association Fact Sheet, Mayo Clinic
mayoclinic.com/health/coping-with-stress/SR00030