

## 24 WAYS TO HELP YOUR EMPLOYEES GET CONTROL OF THEIR STRESS



**Summary:** Help your employees beat stress so that productivity and efficiency do not get destroyed in the workplace.

Stress is a dangerous thing for companies. While it is not an avoidable part of the workplace, too much of it can deadly for a company. Employees that are stressed often make more mistakes, become less productive, and/or shut down completely. To keep an effective workplace environment, you need to not only combat the amount of stress your employees take on but educate your employees so that they can handle stress on their own when it does happen.

### Provide these tips to your employees to help them beat the stress:

Leave your desk – Take time away from your desk to get a little break from the reminder of all your stress. Eat lunch away from your desk and take your other breaks someplace else.

Listen to music – Having relaxing music playing on headphones while you work is found to lower stress and anxiety levels. If the type of work you do allows for wearing headphones, then try wearing them for parts of the day (or as much as needed) to beat down stress.

Laugh – Taking time to really laugh can leave you feeling like stress has been wiped away. Laughing boosts endorphins and cortisol in your body that reduce stress. Read some jokes during your break or watch a YouTube clip during lunch to get your laughs in. Including friends will really get the laughs rolling.

Push away negativity – Negative thinking will counter any positive changes you are trying to make to reduce stress. Take pride in your accomplishments, no matter how small or large they may be. If others are being negative around you, remove yourself from the situation so that you don't absorb their negativity.

Recognize your mood – There are days that you just are in a bad mood and nothing will change that. Recognize those days in yourself so that you can be prepared to handle the stress that comes that day. You don't want to overreact or completely break down over things that are not a big deal.

Take a break – You may benefit from taking shorter, more frequent breaks to give your mind a refresher. Find a routine that works for you so that you get the breaks you need without losing productivity.

Let go – There is never a way that you can keep in control of everything and stay sane. You have to be able to let go of some control and trust others to do their job correctly. Being able to let go of things will allow your stress levels to decrease.

Schedule tasks – Organize your days and weeks by scheduling tasks. When you are mapping out your day, you will see if there is too much going on before the stress reaches a dangerous level. Staying on top of your workload by being prepared and organized will help cut stress.

Beat the rush – Give yourself a few extra minutes to get to work each morning so that you aren't already in a rushed mood. Having to sit in traffic and stressing over being late to work will ruin your mood for the entire day.

Avoid interruptions – Unnecessary interruptions only add to your stress. When something comes up in the middle of a task, your stress can increase. When interruptions occur that can't be prevented, leave yourself a note explaining where you are so that you can quickly pick the task back up when you return.

Value "me time" – Taking time for yourself will allow for mental and physical relaxation. When you leave work, leave your work there. Don't take work home with you if at all possible.

Be comfortable – Simple things like an uncomfortable chair or desk height can have large effects on your stress level. Find a way to make your workspace comfortable for you even if this means going to your manager to obtain a new chair.

Eat the right food – Eating healthy food can have a positive effect on your life. This includes eating meals and not skipping them because you feel too stressed with work. Take time to eat knowing that the right foods will help you get through the day.

Exercise – Even just a few minutes a day of movement can make a huge impact on your mental and physical health. If all you have time for is a walk around the block during your lunch break, then that is better than nothing.

Get enough sleep – Quite often, when you are stressed, you have trouble sleeping. Find a way to get some good shut-eye so that stress does not continue to build up. When you are well-rested, you are better prepared to handle stress during the day.

Pick up a hobby or two – Having hobbies that provide interest outside of work will help you unwind after a stressful day. Hobbies can be anything from rock climbing to watercolor painting. Getting out to try new things and opening up more social networks will provide the release many need to destress.

Talk to someone – Talking with someone you trust about your worries and concerns helps you get those things off your chest so that they aren't bottled up inside you. This person may also have valuable insight or advice to help you through your situation.

Dismiss perfectionism – You won't be able to make everything perfect. Sometimes making a project good enough is all it needs. Take time on the tasks that really matter but allow for a little less on those that are not big deals.

Be cautious of caffeine – Drinking too much caffeine can cause people to feel "wound up." Limit your intake of coffee and other drinks with caffeine so that you are not overdoing it. If you are drinking it because you are feeling tired, drinking a cold glass of water, eating an apple, or a number of other activities can wake you up.

Breathe deep – Meditation is a good way to combat stress. You feel yourself getting out of control, stop and take a few deep breaths to help calm down.

Avoid conflicts – Stay as far away from conflict whenever possible. Conflict only increases stress. Confront any issues professionally and quickly before they escalate into bigger problems.

Tackle one thing at a time – Trying to handle more than one thing at a time can cause unnecessary stress. Put your focus on one thing at a time.

Remind yourself – Remind yourself why you like your job, company, etc. Reconnect with the passion you have for your role to help you find the motivation to make it through the hard days.

Take it to the next level – When all else fails, it may be that you have too much on your plate. Talk with a manager or supervisor to find a way to delegate some of your excess work so that your stress can reach a healthy level.

To learn more about how to help your employees, read these articles:

- [How to Help Your Employees and Save Money by Using a Medical Management Firm](#)
- [How to Deal with These 5 Types of Toxic Employees](#)

- [6 Ways to Make Your Employees Happier](#)

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