

SAVE YOUR HEALTH -- ELIMINATE STRESS AT WORK

US News & World Report published today a story called "Why Your Job Could Be Making You Old." The story cites the claim that stress contributes to health problems and rapid aging.

Physicians have long observed that people with stressful careers and lifestyles tend to develop health problems--especially when their jobs carry extreme consequences for mistakes. According to a theory advanced by Michael Roizen, chair of the Wellness Institute at the Cleveland Clinic and co-founder of RealAge.com, many American presidents have aged approximately two years for each calendar year in office.

The author, Emily Brandon, then discusses ways to cut back on stress, and advises exercise and healthy living to build up an immunity to stressors. She only briefly touches on employment stressors, so here are a few more valuable tips for avoiding stress at work. **Build a Firewall Between Your Work and**



Home Lives

Allowing your work problems to follow you home can have a devastating impact on your home life, your family and relationships. It's not the easiest thing in the world just set aside your work issues, especially if your job requires a huge time investment, or if your career is central to who you are as a person. But it is possible. Likewise, stress at home can adversely affect your work. The key here is to remain mindful of your emotions. If you're stressed at work, ask yourself if what you're really upset about isn't an issue from your personal life. **Maintain Good Communications with Your Superiors and Co-Workers** Work stress often comes from being in a position of ignorance. *Does my boss like my work? Will there be layoffs? Will I ever get that promotion?* Yet workers often don't try to find their own answers to these questions, out of fear -- fear of their boss, or fear that they will get an answer they don't like. Instead of wallowing in stress, just talk to your boss and your co-workers about your issues. Be professional, of course, and don't ask inappropriate questions or spread gossip. But if you're worried about how your boss perceives you, then ask. You may be worrying about nothing. But if you do get negative feedback, that's good too -- you need to know these things if you want to keep your job. Don't wait for a performance review to find out how you're doing. **Be reliable.** If you're late for work a lot, or miss too many work days, then you're creating your own stress. It's not as hard as it seems to change your life and health habits so that personal issues don't get in the way of your career. However, there are issues -- serious illness, family problems, etc. -- that will affect your work, and you can't do anything about. Or at least, solving the issues will take time. This is a common source of work stress, but it's easily fixed. Talk to your HR manager. Your firm may have policies directly related to your situation, and might be willing to help you out with paid time off or extra money. Even if your company won't help you out, at least they'll know your work is being affected by serious issues, and that you're not merely irresponsible. Got some advice of your own? [Comment below!](#)