



Safety Moment

Stress Awareness: 7 Steps to Sustain Career Success

- April is **Stress Awareness Month**, dedicated to raising **awareness** about the **impact** of stress and **effective strategies** to cope with it. Workplace stress, in particular, has become an epidemic.
- Bryan Robinson, Ph.D. shares **7 tips to combat job stress to sustain engagement and protect your mental well-being**:
- **For More Information:** ["The Work Stress Epidemic"](#)



Be Proactive about Self Care – Self care can be Golfing, a Massage, Dinner w/Family Friends. You do what brings you Joy.



Practice Mindfulness – Take 5 Minutes to Connect with Nature and pay attention to the sounds around you even enjoying the feeling of grass on your feet.



Change Your Scenery – Getting outside, even if it's only for 10 or 15 minutes, not only gives your fatigued mind a break, it also boosts your mood.



Work Smarter, Not Longer – Make Time for Continuous Improvement that will Drive Less Overtime for You and Your Teams.



Meditate – Meditation at your desk for just five minutes is restorative. It helps you unwind, clear your head and refresh your mind, body and spirit.



Talk to Someone – Don't hesitate to talk about your work stress with a stress buddy or with someone you feel comfortable. And Don't Forget the Employee Family Assistance Program (EFAP) is always available.



Take Care of Your Physical Health – Your physical and mental endurance at work hinges on being in good shape. Prime yourself with good nutrition, exercise and ample sleep.