

May 2010 LifeSolutions Corner

“Work is so stressful! We’re down several coworkers; deadlines are getting shorter and everyone is irritable, including the boss! My blood pressure goes up as soon as I walk in the door, and I leave at night with a stomach ache. Can LifeSolutions help? I don’t want my employer to know I’m coming to complain about work!”

Yes, we can help. EAPs are workplace focused, which means *LifeSolutions* is definitely a resource to help with work stress ... and it’s confidential, so your employer won’t know!

Some quick facts: You’re not alone in your experience.

- ◆ 40% of workers report their jobs are “very or extremely stressful.”
- ◆ One quarter of employees view their jobs as the number one stressor in their lives.
- ◆ Studies are showing that prolonged job stress plays a role in several types of chronic health problems – like heart disease, back and neck problems, depression, and anxiety.

Small Changes Have Big Impact

LifeSolutions will assist you in figuring out a plan of action to manage work stress. There are a variety of successful approaches/strategies, including relaxation techniques, improved nutrition, and increased activity. You might benefit from working on time management or assertiveness skills or maybe getting some coaching to improve social skills.

Some simple tips for dealing with stress on the job:

- ◆ **Take your breaks.** Even a few minutes of personal time will refresh your mental outlook. Go outside, chat with a co-worker about a non-job topic, or simply sit quietly with your eyes closed and take deep breaths.
- ◆ **If you feel angry, walk away.** Mentally regroup by counting to 10 and then look at the situation again. Walking and other physical activities will also help you work off steam.
- ◆ **Set reasonable standards for yourself and others.** Don’t expect perfection – in yourself or others! Talk to your supervisor about your job expectations. Ask for help in prioritizing tasks. Negotiate deadlines when possible. See whether you might have some control over how and where the task gets done (e.g., working at home in the evening in order to be able to attend your son’s baseball game).

So call **1.800.647.3327** today to schedule an appointment, by telephone or in person, with one of our counselors. Remember, it’s *free* and *confidential*. Also, there is much information about stress and managing stress on our website, www.lifesolutionsforyou.com. Click on the *WorkLife* portal (enter your company code or call us if you don’t know your code).

Sources:

- <http://www.cdc.gov/niosh/docs/99-101>
- American Psychological Association (APA). (n.d). *Mind/body health: Job stress*. Retrieved February 5, 2010, from the APA Help Center: <http://www.apahelpcenter.org/>

