



## WORKING THROUGH IT.

If your job comes with a lot of stress, that can take its toll. Stress can affect your mood, health and relationships — both at work and at home. Fortunately, there are several ways you can help get control of job-related stress.

### **Try these at-work tips.**

Arrive early to work, so you feel prepared for the day ahead. Make a to-do list to prioritize tasks. Taking short breaks is another way to help reduce stress. If you can't physically move away from your workspace, try closing your eyes and relaxing for a few moments throughout the day. Finally, after putting in a full workday, don't forget it's OK to step away and leave work at work. Try 'unplugging': Reset your phone, for example, so you won't receive work-related communications after-hours.

### **Pay attention to your health.**

Certain jobs carry more pressure than others. But if you make time to focus on your health, you'll be better equipped to handle the stress that can come with work. Make sure to get regular exercise, choose a healthy diet, get the sleep you need and avoid bad habits, like smoking. Improving your health may help you better manage stress — and knowing this may be the inspiration you need to bring healthy habits into your to-do list.

## Change your mind.

Refocus your mind when you're away from work with meditation, visualization or breathing exercises. If you're in the habit of watching crime shows, try switching up your evening TV schedule with a comedy. Focus on keeping a positive attitude. Try reframing the way you think about work. Is work impossible, or simply challenging? Change your internal dialogue. Praise your accomplishments, be grateful for what you have and be present in the moment instead of worrying about the future.

## Find the support you need.

If you find it difficult to deal with stress in the workplace, you have several other options. Seek out more information or resources, speak with friends and family, or consider speaking to a counselor or joining a support group. The smartest worker may be the one who reaches out for additional resources when needed.

**When you need a go-to person, go to Here4TN.**

**855-Here4TN**

(855-437-3486)

**Visit [Here4TN.com](https://www.here4tn.com)**

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