

STRESS

Many of us face stress every day but we may not know how to deal with it effectively.

It's important to understand and learn how to handle stress as it can affect performance and peer relationships at work. Stress can lead to distraction and cause an unforeseen incident when not properly dealt with at work.

Stress usually occurs when there are changes in our lives and we feel that we don't have enough resources to deal with those changes and demands.

Common stress symptoms include upset stomach, fatigue, tight neck muscles, irritability, and headaches.

HANDLING WORKPLACE STRESS:

- IDENTIFY 'STRESSORS'
- MAKE THE CHANGES NEEDED



BC Forest Safety

Safety is good business

STRESS IN THE WORKPLACE



IDENTIFY 'STRESSORS'



HANDLING WORKPLACE STRESS

- Tell your supervisor
- Reduce job stress by taking care of yourself
- Engage in regular exercise
- Ensure you seek medical attention if you experience the following conditions:
 - Frequent headaches
 - Inability to sleep
 - Difficulty Concentrating
 - Upset stomach
 - Short temper

ADDITIONAL RESOURCES

- **Mental Health - Coping with Stress**
(<https://www.canada.ca/en/health-canada/services/healthy-living/your-health/lifestyles/your-health-mental-health-coping-stress-health-canada-2008.html>)
- **Stress Strategies** (<https://www.stressstrategies.ca/>)

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