

BANK

PLAYING IT SAFE

FINANCIAL INSTITUTIONS

How to Fight Stress

Helpful tips for dealing with work-related stress

Whether you're dealing with a demanding client or performing important, high-pressure tasks, you may experience stress on the job. Stress doesn't just decrease your performance on the job; it can affect your personal life and lead to serious health conditions. When you neglect to take steps to combat work-related stress, you are risking your health and job success.

Recognize Stress

Look out for early symptoms of stress. If you let them go unchecked, these symptoms can develop into more serious health complications. Be wary of the following stress symptoms:

- Insomnia
- Short temper and increased errors
- Headaches and sore back
- Upset stomach
- Job dissatisfaction
- Difficulty concentrating

Adapt Your Work Habits

Changing the way you work can relieve stress. Consider these tips:

- Prioritize. Begin with your most important or pressing tasks. Concentrate on other tasks only when you have finished.

- Make sure you are clear about the definition of your role and responsibilities.
- Stay organized. When you keep everything in its place, you save yourself and your co-workers time and risk of distraction.
- Anticipate possible disagreements with co-workers and plan how you will calmly deal with them.

Stay Balanced

A successful employee at Financial Institutions is able to balance work with personal life. Follow these tips to maintain this important balance.

- Make time for friends and family, as spending time with those you love will help you unwind.
- Live a healthy lifestyle. Exercise, eat well and get enough hours of sleep.
- Spend time on hobbies and passions. This will detach you from the workplace and reduce stress.

Keep it in Perspective

Reassess your working environment. If the stressors of your position are too much, consider transferring to another role. Talk to your supervisor to discuss ways Financial Institutions can help you combat stressors in your situation.

Be safe and healthy on the job at **Financial Institutions** with these helpful tips provided by **Milton Carpenter Insurance**.

“When you begin to feel stressed, make a commitment to allowing yourself to unwind. Participate in activities that can help you beat tension, like yoga, meditation or cooking.”

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