

# TAKE A MINUTE FOR YOUR SAFETY

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## MANAGING STRESS

According to Gallup, 79% of Americans feel stress “sometimes” or “frequently” during their day. Stress can come from many sources: work, personal life, children, finances, medical issues, the list is countless. How you choose to respond to stress plays a role in the impact stress will have on your health and well-being. This safety minute will provide you with some ways to reduce the negative impact of stress.

### **Focus on Your Health**

- Exercise regularly, even if it is just taking a walk.
- Eat healthy. Keep the comfort foods to a minimum.
- Make time for the things you enjoy.
- Get plenty of rest, shoot for at least 7 hours of sleep.
- Learn and practice a relaxation technique. Meditation, yoga or tai-chi are all believed to reduce stress and anxiety.
- Do not rely on alcohol, drugs, or other compulsive behaviors to reduce stress.

### **Get Assistance if Needed**

- Does your employer offer an Employee Assistance Program (EAP)? If so, reach out and see what resources they have. Most offer assistance with family issues, financial problems, emotional problems, substance or alcohol abuse.
- Speak with a friend or family member. Sometimes a good talk is what you need. It helps when you find out other people are dealing with the same feelings. Lean on them for support.
- Professional help is always an option. There are health care experts that are specifically trained to help people work through their stress. Therapists, counselors, psychologists and psychiatrists can help with stress and anxiety. Your mental health and well-being are just as important as physical health and well-being.

### **Be Proactive**

- Uncertainty is a huge source of stress. The more you know about something the more prepared you become. Learn all you can about whatever it is that is causing your stress. Being prepared is a much better feeling than uncertainty.
- Set limits appropriately and learn to say no to requests that will increase stress.
- Learn to manage your time.
- Face the cause of your stress. Ignoring your stressors is tempting, this is more likely to make it worse. Focus on and address the things you can control and work from there.



# TAKE A MINUTE FOR YOUR SAFETY SIGN-IN SHEET

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TOPIC(S): \_\_\_\_\_

Print Name

Signature

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