

## Stress in the Workplace

---

*Health care expenditures are nearly 50% greater for workers who report high levels of stress.*

*--Journal of Occupational and Environmental Medicine*

### **Challenge vs. Stress**

It is not uncommon to confuse the concepts of a challenging job with a stressful one--- although it is very important to be able to distinguish the difference. While a challenge can create a bit of stress at the outset, overall it is an energizing experience which provides a sense of confidence and relaxation once the task is completed. Stress, on the other hand, creates persistent feelings of exhaustion and a belief that a job's demands cannot be met.

### **Communicate**

Many times, stress at work is a result of an unmanageable workload, not having the necessary resources or not having the necessary skills for the task or job. If you find yourself in one of these positions, communicate with your supervisor, and let them know what is keeping you from being able to do your job effectively.

### **Take a Vacation**

Studies show that employees who do not take vacations can actually be less productive compared to those who do use their vacation time. Employees who never take vacations run the risk of running themselves into the ground—physically and mentally. However, people who return to work after a vacation are generally more energized and come back with a fresh outlook, which is invaluable for everyone.

### **Constant Crisis Environments**

If you work in an environment that is inherently high stress and tends to operate in crisis-mode, it can be hard to separate the environmental stresses from your own stress. While many people actually thrive in this type of a work situation, it is still very important to be able to maintain your perspective. If you are having difficulty doing this, try: 1) taking a five minute break every few hours—go outside if possible; 2) increasing your aerobic exercise—both your mind and body will feel relaxed after a good sweat; 3) volunteering—assisting a cause or someone in need can help you to remember what is most important in your life; and 4) contacting your Employee Assistance Program for assistance.

Source: [www.cdc.gov/niosh/stresswk.html](http://www.cdc.gov/niosh/stresswk.html)

Brought to you by APS Healthcare - Your Employee Assistance Program  
1-800-327-2384

The contents of this article and referenced websites, such as text, graphics, images, and other material contained on the site are for informational purposes only. The content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Reliance on any information provided by these websites is solely at your own risk. APS is not responsible for the contents of any "off-site" web page referenced from this server. © APS Healthcare<sup>sm</sup>, Inc., Silver Spring, MD. All rights reserved.