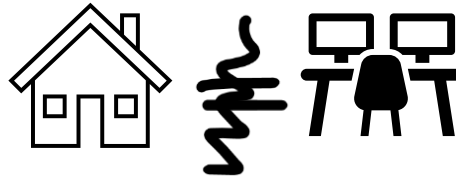


Managing Stress at two Fronts



We often hear the importance of having a good work-life balance for optimum health. Agreed. But how do we achieve this when stress is an ever present reality in our lives? Many people report experiencing high levels of stress at their work places for a variety of reasons. According to the Institute of Stress, 77% of individuals believe work related stress negatively impacts their mental health, 46% of healthworkers report high levels of stress and 71% of employees report that work-related stress caused a rift in their personal relationship causing divorces and break-ups (Headspace 2024 Workforce State of Mind Report).

No one is immune to stress, in fact a research study found that there is no significant difference in the levels of stress experienced among male and female. They assert that this is due to both genders functioning identical roles in both professional and home environments (Bhawana et al., 2024). Though experiencing stress is not fun, it is important to remember that stress is normal. In an effort to cope with the pressures that come our way, our bodies react to these demands by stress. When someone is experiencing stress, they may feel angry, nervous and frustration (Bhandwalkar,2023).

Do you know that stress doesn't only occur at work but also at home? In fact, stress can occur anywhere! In fact, according to research, stress can negatively impact personal relationships and can lead to low satisfaction in relationships, alienation and a higher risk for divorce (Crum et al.,2016).

Do you Know that Stress can be both negative and positive? Yes! Stress can be unpleasant, cause anxiety, lead to mental and physical problems and decrease performance but at the same time, stress can motivate us and help us improve our job performance and relationships.

- ✓ Causes of Stress: work deadlines, unrealistic demands, lack of support, conflicts, relationship challenges, etc
- ✓ Types of Stress: Positive Stress (Eustress) and Negative Stress (Distress)
- ✓ **4 A's** of Stress: **Avoid** unnecessary stress/ **Alter** the situation/**Adapt** to the situation/**Accept** the things you cannot change

(Bhandwalkar,2023).

How can we manage stress at work and at home? There are several ways of managing stress and this can look different for each person. Below is a list of suggested stress management strategies.

Stress Management Strategies

- ✓ Listen to music
- ✓ Engage in a hobby
- ✓ Take breaks
- ✓ Set boundaries
- ✓ Utilize your support system
- ✓ Exercise
- ✓ Mediatation
- ✓ Laugh

Remember stress is normal and can be both productive and unproductive and can be managed!



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