Tips To Manage Stress

You have the power to make good choices, such as eating a healthy diet, exercising regularly, and getting enough sleep. It is tempting when stress hits to turn to alcohol, drugs, sugar, or junk food to help yourself cope, but this often makes the situation worse. Focusing on YOURSELF and your own personal needs not only reduces stress, but can help you with chronic illnesses, such as high blood pressure and heart disease. Here are several TIPS that employees can implement at and outside of the workplace to help reduce stress.

1. Begin Self-Care at Home
2. While at Work, Be Mindful of Your Physical Environment
3. Take Breaks
4. Lighten up on Caffeine
5. Take Time Off
6. Frame your Work Relationships in a Positive Light
7. Be Creative
8. Take Part in Company Sponsored Wellness Events

Source: www.oshaonline.com

April is Alcohol Awareness Month:

Alcohol affects every organ in the body. Take a minute to rethink your drink.
- Know your limits. Drinking in moderation is defined as having no more than 1 alcoholic drink per day for women and no more than 2 alcoholic drinks per day for men.
- Choose nonalcoholic beverages if you:
  - Are recovering from alcoholism or are unable to control the amount you drink.
  - May become pregnant or are pregnant.
  - Plan to drive, operate machinery, or take part in other activities that require attention, skill, alertness, and coordination.
  - Are taking prescription or over-the-counter medications that can interact with alcohol.
  - Have certain medical conditions.
  - Are younger than 21.

Source: www.cdc.gov

Have a Fitness Ball?