



Tool Box Talk

Ways to Manage Stress

What is Stress?

Stress is a state of worry or mental tension caused by a difficult situation. Stress is very common in the workplace and can affect people differently.



Some Common Signs and Symptoms of Stress

- Difficulty breathing
- Panic attacks
- Sleep problems
- Fatigue
- Muscle aches and headaches
- Chest pains and high blood pressure
- Indigestion or heartburn
- Constipation or diarrhoea
- Feeling sick, dizzy or fainting
- Sweating

Ways to Manage Stress

- Create work-life balance
- Stay organized
- Seek professional help
- Get enough sleep
- Manage your time
- Have a healthy diet
- Have a positive attitude
- Take a break