



Stay Well, Manchester College!!

Issue 13



Toilet Talk

Managing Stress on the Job

Did you know that seventy-five percent of our visits to the doctor are for stress-related ailments?

Most of us have felt stressed out at one time or another. Chronic stress can take a toll on your career, your quality of life, and your body. It weakens your immune system and makes you more susceptible to colds and the flu. Chronic stress doubles your risk for a heart attack and increases your likelihood of developing serious illnesses like diabetes and cancer.

The good news is there are strategies you can use to better manage your stress to live healthier and happier and be more productive. The National Mental Health Association (NMHA) provides the following tips for managing your stress and recommends that you try and apply them daily:

- Treat your body right. Eating right and exercising will increase your tolerance to stress.
- Set and re-set your priorities. Take care of important and difficult tasks first and eliminate unessential tasks.

- Get enough sleep. Sleep is vital to good health and mental and emotional well-being. It increases your ability to concentrate and reduces your risk for making mistakes.

- Set realistic goals. Do what is possible and carry on.

- Take one task at a time. Divide large projects into smaller tasks, and make to do lists.

- Take five. Taking a short break can help slow down your mind long enough to improve your ability to deal with stress later.

- Learn to relax and meditate. Studies show that just 10 to 20 minutes of quiet reflection or meditation a day can bring relief from chronic stress and increase your tolerance to it.

- Give yourself a break. No one is perfect. Striving to be the best in everything will lead to worry, anxiety, and failure.

- Learn to say no. Slow down and be honest about what you can comfortably do.

- Be flexible. Make allowances for other people's opinions and be prepared to compromise.

- Avoid excessive competition. Excessive competition can be dangerous emotionally and physically not to mention damaging to your job.

- Go easy on criticism. You may expect too much of yourself or others. Try not to feel let down or frustrated when your expectations aren't met.

- Manage your anger. Retreat before you lose control. Allow time for you both to cool down. You'll both be better equipped to handle the problem constructively later.

- Be honest with colleagues. Make it plain you feel you're in a bind. Chances are others feel the same. Don't just complain make practical suggestions for improvement.

- Talk it out with a loved one. Talking it out can help you.

Source:

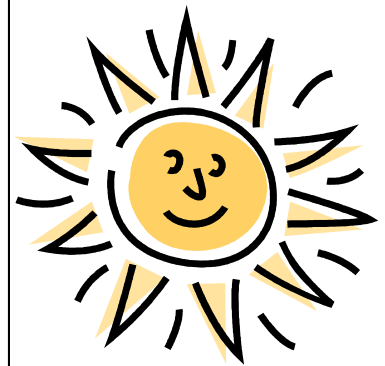
National Wellness Institute

Without a sense of caring, there can be no sense of community.

~ Anthony J. D'Angelo

LETTING GO Some people think it's holding on that makes us strong. Sometimes it's letting go.

~ Sylvia Robinson
(American singer, musician, and producer)



Exercise: The Happiness Workout: Research studies have shown that a workout can lift your spirits. Regular exercise can enhance your mood and overall sense of well-being. Aim for at least 30 minutes of exercise every day. Source: Annals of Behavioral Medicine, October 2005; Medical Science and Sports Exercise, December 2005.

8% of Americans Do Not Buckle Up: Buckling up when in a motor vehicle saves thousands of lives every year, but 48 million Americans fail to buckle up. Those unbuckled are largely young and male, likely to live in rural areas and/or drive pickup trucks.

Source: Restraint Use Patterns Among Fatally Injured Passenger Vehicle Occupants, May 2006, U.S. National Highway and Traffic Safety Administration, www.nhtsa.gov.

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