



LIFE & WORK

WORKPLACE
STRESS AND
HOW TO COPE
WITH IT



Stress is always created when the body or brain responds to any real or imagined situation that is considered to be threatening.

This may also apply to you!

Coping with stress in a satisfactory manner starts with how a person perceives the stressful situation in which he finds himself.

The modern workplace places continuously increasing demands upon workers. Workers are required to be more flexible, are given fixed-term contracts, have less job security, and the work itself has been intensified, which is worsening the balance between one's work life and personal life.

Stress is a reaction that prepares the human organism for fight or flight, and thus some kind of physical activity. Workers today are „struggling“ to adapt to shift work, highly monotonous or segmented tasks, and to overly demanding customers. Those who show resistance to stress are those who manage to pass through a difficult stressful period without any adverse effects to their mental balance and general optimism.

How to successfully prevent stress and manage it:

- fulfill your obligations progressively so that they do not pile up in front of you;
- alternate the types of activities you do – alternate each work activity with time to rest;
- it is necessary to know how to address work problems, but also to clear them from your mind from time to time and relax;
- physical activity and movement are the most effective means of managing stress; do some sport, go for a walk, go cycling...;
- cultivate friendly relationships with people;
- ask for help in time;
- lead a healthy way of life – don't smoke, don't overeat, protect your ears from loud noise, don't consume alcohol;
- life is not just about work and responsibilities, so don't forget to enjoy life.