

MANAGING STRESS

In the Workplace



IDENTIFY STRESS TRIGGERS

Ask these questions when stressed:
Where were you?
Who was involved?
What was your reaction?
How did you feel?

TAKE A BREAK

Go on a walk, eat some food,
take a power nap, or meditate for
10 minutes!



LISTEN TO YOUR NEEDS

Pay attention to the
needs of your body
and mind. Get a good
night's rest, keep
yourself well-fed,
exercise, and treat
yourself!

TALK TO HR OR SUPERVISOR

Nobody wants you to
succeed and have a
positive experience at
work more than we do!
Let us know what we
can do to help!



GET PROFESSIONAL HELP

If you're still stressed, this QR code
leads to the CAPS website where you
can find resources for managing stress
and learn more about scheduling a free
therapy session.

