

REDUCING STRESS IN THE WORKPLACE

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Stress management is essential for a happy and productive life. However, getting to the bottom of the problem is critical for effective stress management.

Stress management refers to a variety of approaches that assist people manage their stress levels. The goal of stress management is to improve an employee's everyday functioning and job happiness.

Stress is a typical occurrence. However, if we are constantly stressed, it can damage our capacity to perform. Chronic stress can lead to major health problems in the long run. If one recognizes the signals of stress and works to alleviate it, the problem can be overcome. Above all, employees are more likely to feel good about their quality of life and well-being when their employer goes above and beyond to help them minimize stress.

Employees' stress levels rise dramatically when they feel overworked and unable to control their work-life balance and capabilities. Employers have enormous potential to change your culture by supporting your employees' mental health and taking concrete efforts to reduce stress.

Listed below are simple ways to reduce stress in the workplace:

1. Promote workplace wellness

Healthy lifestyle and exercise are two of the most effective methods to combat professional stress. Employees can focus on the task at hand by taking their minds off the

tension of their jobs. It also boosts mood by increasing endorphin synthesis, the feel-good neurotransmitters in the brain.

2. Refresh the environment.

The environment causes a lot of stress. Consider every component of the workplace environment and what it does (or doesn't) for the employees' health. Engagement of employees can be influenced by simple factors such as the quality of furniture or the aroma of essential oils.

3. Allow for remote working and flexible hours.

Allow staff to work from home and provide them schedule freedom, if applicable. This freedom is great for office morale, and the policy shows employees that they are trusted enough even when they are not physically around.

4. Encourage social interaction.

Employees spend a great deal of time together, and the more relaxed they are, the less stressed they will be. Expectations and communication barriers are torn down when coworkers get to know one another, lubricating the wheels for future interactions.

5. Make time for solitude.

We can't totally avoid stress, but we can try to reduce it once it occurs. Ascertain that staffs have access to a break area.

6. Provide counseling on-site or over the phone.

Numerous associations have also started offering remedy to workers as a means to help them manage with stress; according to a recent study, over half of workers felt they needed assistance on how to deal with the challenges of their jobs. This system, which

may be used in or out of the office, in groups or collectively, can help workers in anticipating stress.

7. Appreciate staff

Employees enjoy being commended for a job well done, and recognizing their accomplishments boosts engagement significantly. Employees will enjoy the fact that you recognize their accomplishments and wish to share them with others. This makes them happier and more at ease, which reduces stress levels.

References:

Strategies for Managing Stress in the Workplace (bravowell.com)

7 Simple Ways to Reduce Stress in the Workplace (quantumworkplace.com)