

HANDLING WORKPLACE STRESS

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Everyone who has ever worked has experienced the weight of work-related stress at some point in their lives. Even if you like your job, it can be challenging at times. You may feel pushed to achieve a deadline or accomplish a challenging activity in the short term. Professional stress, on the other hand, may become overwhelming and harmful to both physical and emotional health if it becomes persistent.

Employees may experience stress for a variety of reasons, the most common of which are low pay, excessive workloads, few opportunities for growth or advancement, uninteresting or difficult work, lack of social support, lack of influence over job-related decisions, and conflicting demands or ambiguous performance requirements.

Workplace stress does not just disappear when you leave the office for the day. Stress may have a severe influence on your health and well-being if it is sustained. Workplace stress can induce headaches, stomachaches, sleep interruptions, irritability, and problems concentrating. Anxiety, insomnia, elevated blood pressure, and a weakened immune system are all indicators of chronic stress. It can also exacerbate conditions such as depression, obesity, and heart disease.

Before it worsens, you should learn how to cope with workplace stress by taking steps like considering the adjustments you need to make at work to minimize your stress levels, and then act. Some improvements are manageable on your own, while others will necessitate the collaboration of others. Also, learn how to discuss your concerns with your boss or human resources manager so that both of you can take necessary actions. Another thing you can make is to be certain that you are well-organized. Make a prioritized list of

your chores. Schedule the most tough jobs for the day's most challenging moments, such as first thing in the morning. Look for yourself. Eat a nutritious diet and do exercise regularly. Consider the advantages of relaxing on a regular basis; you may experiment with meditation or yoga. Make sure you have enough spare time each week for yourself. Don't take your worry out on your loved ones. Instead, inform them about your employment challenges and solicit their advice and assistance.

Work is significant in our lives since it may be our primary source of revenue to support our everyday existence. However, if labor just adds to increased disease and expenditures, it may no longer be worthwhile. Sometimes we can handle our own stress by putting ourselves first and prioritizing our happiness.

References:

<https://www.apa.org/topics/healthy-workplaces/work-stress>

<https://www.betterhealth.vic.gov.au/health/healthyliving/work-related-stress#self-help-for-the-individual>