

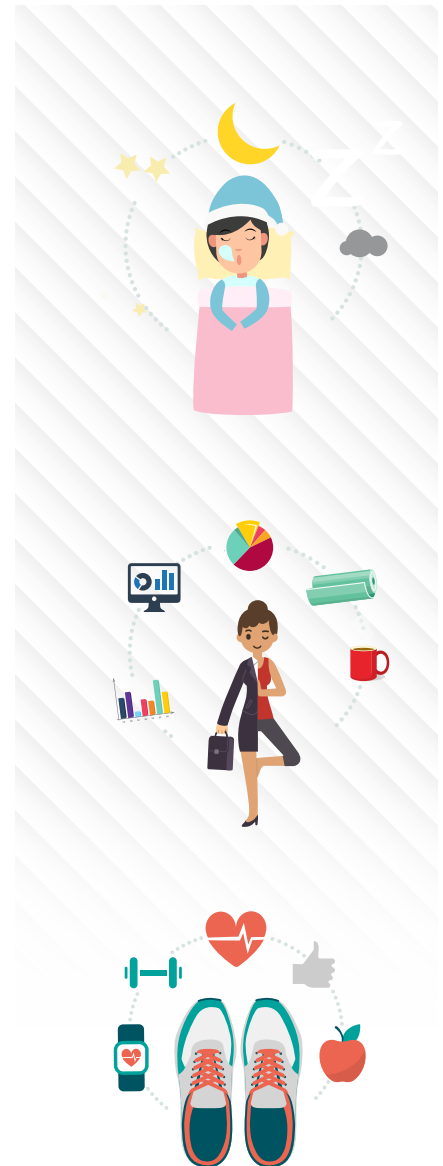


Managing Workplace Stress

Reduce your stress level:

- ✓ Think about what is causing the stressful situation and find a solution
- ✓ Get help - talk to your manager, your doctor, a family member or friend
- ✓ Get enough sleep - seven to nine hours a night helps restore your mental and physical energy
- ✓ Eat healthy – fruits and vegetables, lean protein, whole grains and limit sugar
- ✓ Exercise for 30 minutes a day – pick an exercise that fits your life style
- ✓ Leave your work at work – your personal time should be spent that way
- ✓ Create a quiet and relaxing environment free from electronics and noise
- ✓ Plan a getaway - Use all your vacation time, you've earned it

By maintaining these healthy habits, you can make your body and mind more resilient, and better able to deal with the stressful events that come your way.



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