



TOOL 3.11 Ideas for Stress Relief at Work

Here are some ideas that will help you think about little things you can do to de-stress while you are at work. These are just a few examples to get you started. Test them out and see what helps you relax.

1) Say yes when you can make it work. Say no when you can't.

2) Do it yourself

You'll feel better knowing something was done right and that you accomplished it on your own.

3) Think team

Know that navigation is a team effort. Sometimes the right thing to do is to ask your team for extra support when you're feeling stretched.

4) Be realistic

Set attainable day-to-day goals so that you can feel good checking things off your list.

5) Find time for yourself

Even if it's just a 5 minute walk around the block or a break away from work for lunch, make sure to make time to be alone, or be with co-workers you enjoy, to counteract any stressful feelings throughout your work day.

6) Smile

Smiling can really be a mood changer, for you and for those around you, so do it as often as you can.