

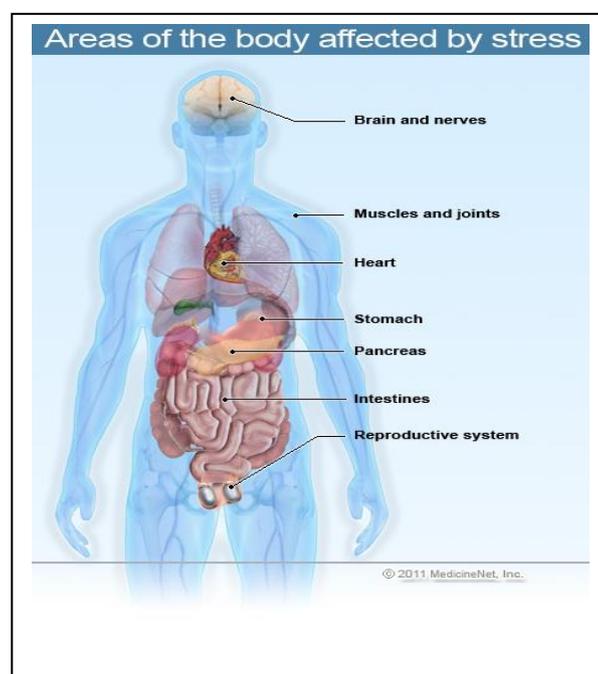
## Preventing Work Related Stress

Stress can affect us in many ways;

- **Emotionally** – anxiety, depression, tension, anger.
- **The way we think** – poor concentration, forgetfulness, indecisiveness, apathy, hopelessness.
- **Behaviourally** – increased drinking & smoking, insomnia, accident proneness, weight problems, obsessive compulsive behaviour, nervousness, gambling.
- **Stress can cause physical illness**- When we feel under stress.

### Stress can cause physical illness

When we feel under stress, our body kicks into high gear to deal with the threat. Our heartbeat, breathing rate and blood pressure all go up. The longer we feel stressed the greater the demand on our body. The more often we are placed under stress, the more often we have to use energy to cope. Eventually our bodies develop illnesses as a result of this stress, such as cardiovascular disease, blood pressure, proneness to infection and chronic fatigue.



### Coping Strategies

To deal with stress more effectively, it helps to investigate your stresses and how you react to them.

- Understand what situations make you feel stressed
- Understand what situations you can and can't control
- Keep yourself healthy, with good nutrition, exercise and regular relaxation

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