

Five Ways to Reduce Stress at Human-Services Work

61% of human-services workers typically feel **unhealthy stress** during their workday *

LOOK AFTER YOURSELF

Follow the basics of proactive self-care by tending to your physical, emotional, spiritual, workplace, and relationship needs to create life balance.

- Eat well
- Get enough rest
- Exercise regularly
- Be mindful
- Spend time with friends and family
- Avoid “escapist behaviour”
- Take time to recharge
- Prioritize and organize your tasks
- Leave work at work

BUILD GOOD RELATIONSHIPS

This means being empathetic and respectful towards others, building trust and being committed to working on a team.

- Be transparent
- Clear communication
- Ask for feedback
- Job shadowing
- Empower and recognize
- Participate in team building activities
- Follow through with goals
- Turn to co-workers for support
- Talk to your supervisor on how to best perform the job

Exercise, sharing ideas, and being **professionally capable** are the leading ways human-services employees manage stress and stay healthy*

TAP INTO WORKPLACE RESOURCES

Take advantage of employee assistance plans, which usually offer go-to services like counselling, classes and, in extreme cases, disability leave that can help workers address their wellness issues.

- Promote/encourage EAP use
- Get access to online information
- Learn about available counseling and referral to mental health professionals
- Incorporate best practices
- Advocate for updated policies

UNDERSTAND YOUR STRESSORS

Experiencing stress in your job is not inevitable. Learn about it to overcome it.

- Take the Be a Wellness Leader workshop
- Talk to experts
- Discuss stress with your coworkers and friends
- Track your stressors – keep a journal
- Develop healthy responses

COMMUNICATE SOME CARING

When we help others, we can also help ourselves.

- If you see a colleague who is having a bad day, stop and say, “I’ve been there.”
- Show support and share resources
- Do not try to solve the problem for others
- Share your stories in informal and formal occasions



“Thanks!” to participants of the Be a Wellness Leader Workshops for your wellness ideas!

To download this infographic, visit http://hwhp.ca/uploads/3/4/9/1/34914254/infographic_3.pdf

*2014 online survey of human-services workers in Alberta

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