

Five Ways to Reduce Stress in Human-Services Work

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 behaviours”
- 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

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



Thank you to the participants of the Be a Wellness Leader Workshops for your ideas!

Looking for more ways to manage stress at workplace?

Visit us at: hwhp.ca