

Safety Tips on Stress Reduction

We are constantly adapting and adjusting to situations every day. There is no single answer on how to reduce the stress that life's challenges presents to us. But, it is important to know how to use a variety of coping skills, such as:

- **BE FLEXIBLE** – “There is nothing permanent except change” – Heraclitus, 500 B.C. Stay open to change and willing to be a little uncomfortable as you adjust to new change.
- **KEEP PERSPECTIVE** – Remember to see the big picture of your life. Put events and situations that cause frustration into a larger context. Start with smaller daily hassles and you will begin to learn how to reduce the stress and energy you spend on these irritations.
- **SURRENDER** – Learn to let go of things you cannot control. Learn to accept. Put your energy into areas that you can influence.
- **PROBLEM SOLVE** – Take on your problems head on. Do not delay and seek help if needed. Listen to your heart when making decisions. A resolution that is jointly made with your head and heart will result in satisfaction.

Make health and safety an important part of your life. For more information, contact the Occupational Health and Safety Manager, Gail Sinclair at 541-3036 or email: gsinclair@ssrsb.ca