Stress!

Stress is how your body reacts to a perceived threat, demand, or challenge.

It can be positive (motivating to prepare for a happy event) or negative (experiencing a traumatic event).

You may experience stress from:

- a single event, such as getting into an argument
- multiple stressors or a single stressor over an extended period, such as an unhealthy work environment

Stress can impact your physical and mental health, your relationships, and your work.

Some signs of stress are:

- easily agitated, frustrated, and moody
- having difficulty relaxing
- feeling lonely, worthless, and depressed
- racing thoughts, unable to focus
- rapid heart beat
- constant worrying
- insomnia
- low energy
- headaches
- upset stomach

Healthy ways to cope with stress:

1. *Eliminate stressors* – remove yourself from the stressful situation if possible
2. *Take care of your body* – eat healthy, exercise, get plenty of rest
3. *Take a break* – do things for yourself, participate in activities you enjoy
4. *Talk to others* – share how you are feeling with a trusted family member, friend, or coworker
5. *Recognize when you need help* – if your stress starts to impact your day-to-day life, reach out to your doctor for guidance and support

> "It's incredible the stress placed on everyone to complete a project in a certain time frame and budget. We take pride in our work and the buildings we create. And the stoic, "pull-yourself-up-by-the bootstraps" mentality makes you feel incompetent.
>
> We've all had that foreman who says things like, "Did you come here to work or to whine?" That's just not right. If you're stressed, you are a threat to our safety and to our timeline. Pushing people to the max shouldn't be the norm."

Recognize It
Look out for common signs and symptoms

Try It
Find coping strategies that work for you - share with others

Support Others
Everyone has stress. Be someone to lean on when things get tough

Get Help
Reach out to your doctor for support and guidance

Call or text - 988
suicidepreventionlifeline.org

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Scan for mental health resources

HOLD ON PAIN ENDS

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