

# Aurora **safety** Solutions

## STRESS

When stressed you are more likely to not be fully present at the workplace. This can lead to putting yourself or others at a risk of being in danger. Your mood can affect a consumer/co-workers mood as well and change the atmosphere of the house to an unhealthy place. Know yourself, recognize how you deal with stresses, keep a to do list, take short breaks, turn off electronics if they are not needed and tune in, take care of yourself, learn healthy ways to manage stress, and ask for professional support.

### Signs and symptoms of stress:

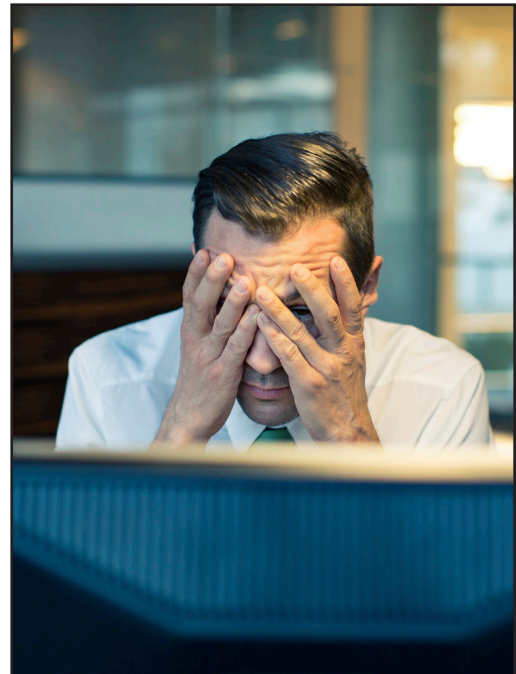
- Problems sleeping
- Fatigue
- Trouble concentrating
- Stomach problems
- Social withdrawal
- Loss of sex drive
- Feeling anxious, irritable or depressed
- Using alcohol or drugs to cope
- Muscle tension or headaches
- Apathy loss of interest in work or other enjoyable activities

### Tips to reduce stress:

- A positive attitude makes all the difference in how we manage it.
- Accept that there are events you can not change.
- Learn and practice relaxation techniques.
- Eat healthy.
- Exercise on a daily basis.
- Manage your time and learn to say no.
- Make time for hobbies.
- Get enough rest and sleep.

- Seek out social support.
- Don't rely on alcohol or drugs.
- Seek treatment if needed.
- Leave work problems at work and family problems at home.

*Always remember that if you are feeling stressed out make sure to talk to someone! Never think you are fine and can handle it on your own! Aurora provides EAP services for assistance with stress, personal matters, financial and legal issues through REALiving, **Call: 1.877.256.9302***



For more information please visit our employee website:  
[www.Employee.AuroraServices.com](http://www.Employee.AuroraServices.com)