Conquer job stress

BURNOUT: WHEN STRESS GOES TOO FAR

When stress goes on for too long, a person may feel "burned out." This usually means they become exhausted and unable to do their job well anymore. They may also become negative or feel angry toward others at work.

Burnout can seriously affect your health. It can lead to depression and possibly other problems, like heart disease and stroke.

STOP THE CYCLE

It's not too late to manage your work stress. Even if you feel your stress is high, there are ways to make things better. Here's how:

- **Take breaks – even short ones.** Just 10 minutes of downtime during the day can make a big difference in your stress levels. Don't work through lunch and break times.

- **Practice the art of waiting and walking away.** If you feel angry or stressed about something, don't respond right away. Say something like, "let me think about that and get back to you." Avoid sending angry emails when you feel stressed.

- **Go easy on yourself.** Are you expecting perfection from yourself? No one is perfect. Learn from mistakes and move on.

- **Discuss your concerns.** If you're having trouble with something at work, talk to your supervisor about solutions. Don't keep it bottled inside and assume it will work itself out.

Source: American Psychological Association