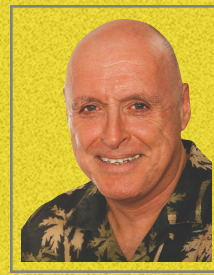


# THE EXTRA POINT

BY JERRY ROBERTS



## # 1656 Stressed Out at Work? Try These Remedies

According to the American Psychological Association's 2023 Work in America Survey, More than three in four workers polled replied that they had experienced work-related stress. How about you, do you fit into that group as well? If so, i may have some ideas you can use to beat down some of that stress. I'm Jerry Roberts and that's next on the Extra Point.

All of us have had "those days". You know the ones, where it seems like one thing after another is out to get us. The boss is more demanding than usual, we have deadlines, and relations with coworkers seems strained.

We know we won't finish everything we should and whatever we do get done...likely won't be good enough. Have you been there? Have you done that?

Back to the 2023 survey from the American Psychological Association's about work in America. We mentioned that 75% of workers reported experiencing work-related stress. Let's drill down further into the numbers.

- 57% said that their stress was associated with burnout
- 31% claimed emotional exhaustion
- 26% lacked the motivation to do their best
- 25% showed a desire to keep to themselves
- 23% wanted to quit their job

Further, one in five said stress reduces their productivity, and the same number of workers said it causes them to be irritable or angry with coworkers and customers.

So, we know we have a widespread problem. The question is, what to do about it.

Psychologist Chris Mosunic, chief clinical officer at mental health company Calm, which

has created a smartphone app of the same name, has listed five ways to reduce stress. Let's take a look and see if there's anything we can wrap our heads around.

### 1. Take microbreaks

Mosunic said that our emotional states are caused by blood flow into different parts of the brain, including the part that triggers feelings of stress. When stress hits us, that blood is accumulating in that sector all day.

Maybe talk to your boss, and ask if you can take two shorter breaks instead of one longer one. Or, you could grab a few minutes every hour. Mosunic's example is to take a pot of water off the stove to prevent it from boiling over.

2. Pay attention to someone else. One trouble with being stressed is that we focus on being stressed. Mosunic advises to get in front of a coworker and just talk. it doesn't have to be a deep conversation or anything of Earth-shaking importance. Just get your mind off yourself for a few minutes. He may be onto something with this.

3. Write it out. If you're the journaling type, or like writing, this could help you. You can put your stress into words. What this does is slow things down, especially if you're doing it with pen and paper. You see the words coming out of your pen and your mind can wander. You might begin to reason with yourself about the stress involved. I know this strategy works, because I've done it. Tension is reduced.

4. Exercise before you get stressed out. Now wait, how will I know I'm about to get stressed so I'll know when to exercise? That's a trick question. The idea is to use exercise as a way to ward off your stress. Mosunic calls in pre-emptive exercise.

(Con't.)

It doesn't have to be a full gym workout or anything close to that. Going for a brisk walk before a stressful event can reduce the stress response.

5. Practice progressive muscle relaxation. How do you do this? Simple. I'll lead you through this, and you can do it even if you're driving right now. Tense a muscle, any muscle. You can make a fist, or tense your chest muscles. Give a good squeeze. Now relax. easy-peasy.

When you're at your desk, you can tense and relax arms, legs, and other muscle groups. You could start with your feet and work your way up to your neck.

You can download this transcript, #1656, at [guamtraining.com](http://guamtraining.com).

Five ways to fight off stress. see if they work for you.

That's the Extra Point. Be responsible and make something good happen today. For 93.3FM, the Ray Gibson Show, and First Hawaiian Bank, I'm Jerry Roberts.

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