

REDUCE STRESS IN THE WORKPLACE

WORKLOAD SOLUTIONS

BALANCE YOUR TIME

TRY NOT TO DO TOO
MUCH AT ONCE



REWARD YOURSELF

REWARD YOURSELF
FOR WHAT YOU HAVE
ACCOMPLISHED



ASK FOR HELP

DISCUSS YOUR
WORKLOAD WITH A
MANAGER



WORK-LIFE BALANCE

TAKE SHORT BREAKS

TAKE SHORT BREAKS
AWAY FROM YOUR DESK



HAVE HOBBIES

HOBBIES CAN HELP YOU
SWITCH OFF FROM WORK



GET SUPPORT

COMMUNICATE HOW YOU FEEL

IF YOU DON'T FEEL
SUPPORTED, TELL
SOMEONE



DEVELOP GOOD RELATIONSHIPS

GOOD RELATIONSHIPS WITH COLLEAGUES
CAN MAKE YOU FEEL MORE SUPPORTED
AND BEING AT WORK MORE ENJOYABLE

