

# 7 TIPS FOR DEALING WITH WORK-RELATED STRESS

Tick the ideas you'll add to your self-coaching plan:

- ☐ Take more time to recharge. Make sure you always take your lunch break and the time off you're entitled to.
- ☐ Try not to check emails when you're away from work, or turn off notifications and then set a dedicated time to check. This helps you establish work-life boundaries
- ☐ Go to the toilet and practice a breathing exercise or The Thinking Slow Method when you feel your distress levels rising.
- ☐ If you're feeling overworked, speak to your boss about reducing your workload.
- ☐ Talk to your manager about any stressors you've identified and ask for their support in addressing them. For example, you might want more clarity on your role, more support from your colleagues, or more challenging or meaningful tasks.
- ☐ Find out if you could access any employer sponsored mental wellbeing resources through your HR department or local Citizen's Advice Service.
- ☐ Practice saying no more often.

Add Your Own Ideas



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