

SELF-AWARENESS & STRESS MANAGEMENT

Self-awareness matters in stress management. It is being aware of your body responses and processes, including feelings, desires, and urges to act, plus awareness of your thoughts and thinking patterns. It is also important to recognize and acknowledge your sources of stress.

Common causes of stress in the workplace:*

- Workload (overload)
- Inadequate time to complete tasks
- Skills do not match job demands
- Shiftwork/long hours
- Low salaries
- Lack of training
- Lack of support
- Lack of appreciation
- Lack of work/life balance
- Limited opportunities for growth or advancement
- Isolation
- Unachievable level of responsibility
- Overall job dissatisfaction

Stress First-Aid



1
Take a break



2
Take a Deep Breath



3
Find humour if possible



4
Talk to Someone



5
Refocus on things that bring joy