

DEALING WITH STRESS

Stress is a common occurrence that many of us are faced with everyday, but we might not know how to deal with it. It can occur not only from negative life experiences, but also from positive ones.

We react and deal with stress differently, but common symptoms include upset stomach, fatigue, tight neck muscles, irritability and headaches.



So, how do you deal with stress in a positive way? Here are some tips.

ACCEPT WHEN THINGS ARE BEYOND YOUR CONTROL.

Instead of worrying about things we have no control over, it may be helpful to think of positive thoughts such as, **"Someday I'll laugh about this," or "It's a learning experience."**

FOCUS ON THE POSITIVE SIDE OF THE SITUATION.

Ask yourself, "What good can come out of this?" "What can I learn from this situation?" and "How can I handle this better when it comes up again?"

Solutions come easier when you focus on the positive and your stress level will be reduced.

KEEP THINGS IN PERSPECTIVE.

You can do this by asking yourself "How important is this situation? Can I do anything about it?, In five years, will I even remember it happened?"

The purpose of this isn't to lay out a list of complaints, but rather to come up with an effective plan for managing the stressors you've identified, so you can perform at your best on the job.

YOUR PLAN OF ACTION

- Talk to your supervisor. Employee health has been linked to productivity at work, so your boss has an incentive to create a work environment that promotes employee well-being.
- Design a plan to help you improve your skills in areas such as time management.
- Identify employer-sponsored wellness resources you can tap into
- Clarify what's expected of you, getting necessary resources from colleagues
- Enrich your job to include more challenging or meaningful tasks
- Make changes to your physical workspace to make it more comfortable and reduce strain.

APA Coping with Stress at Work

<https://www.apa.org/helpcenter/work-stress>

CDC Dealing with Stress and Violence in the Workplace

<https://www.cdc.gov/violenceprevention/suicide/copingwith-stresstips.html>

Tailgate Talk Resources:

NLTAPA <https://nltapa.org/information-exchange/nltapa-tailgate-talks/>

Louisiana LTAP www.louisianaltap.org

Louisiana's Tailgate Talk Series

TIMELY SAFETY BRIEFINGS





HOW TO CONDUCT A TAILGATE TALK

Tailgate Talk is a gathering of small group of workers around the tailgate of a truck or other spot for a brief training session on a single safety topic. Consider using the "Tailgate Talk" concept to help you conduct 10-15 minutes of training sessions with your crew.

KEY POINTS:

- Choose one safety topic per session.
 - Be concise. Keep it short.
 - Keep the sessions small.
- Meet in a comfortable & safe spot.
- Allow time for questions & answers.
 - Document the training.

CHOOSE SAFETY TOPICS

- Pick topics related to recent events.
- Ask employees for their ideas.
- Read newsletters and local news for more information. Use them for additional ideas.

PLAN LOGISTICS

- Limit sessions to a small number of workers. Six to 10 is a good number.
- Hold sessions early in the week, but not on Monday mornings.
- Conduct tailgate training sessions an average of once a week. Dedicate specific time for the training.
- Limit sessions to only 15 minutes.
- Be on the lookout for weather forecasts or any emergencies.

PREPARE YOUR PRESENTATION

- Use a one-page fact sheet provided on www.t2center.uconn.edu
- You may use materials provided by Louisiana LTAP www.louisianaltap.org
- Look for visual aids and/or props.
- Photocopy handouts ahead of time.
- Familiarize materials a night before.

CONDUCT THE SESSION.

- Keep your presentation informal.
- Don't use words your employees won't understand.
- Involve your workers in discussion of the topic.
- Allow time for questions at the end.
- Have workers sign a sheet showing they were trained and keep it on file.

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