

# SAFETYFIRST

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THE CURVE

Safety Management  
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## Stress Management

Common job stressors include a heavy workload, intense pressure to perform at peak levels, job insecurity, long work hours, excessive travel, office politics, and conflicts with co-workers. While dealing with stress is a normal part of everyday life, the following warning signs serve as red flags, alerting you to stress on the job:

- Insomnia.
- Anxiety or depression.
- Low morale.
- Short temper.
- Headache.
- Stomach or back problems.

The good news is that it is possible to manage job stress by becoming aware of what increases or decreases your level of stress.

- **Take a break:** To release stress, make time to take a break. Taking a walk or talking to someone may help you to gain a fresh perspective.
- **Healthy eating:** By eating healthy, your body will feel better leading to reduced stress levels.
- **Exercise:** This is a great way to relieve some stress while adding activity to your weekly routine.
- **Set a budget:** Much of daily stress has to do with financial concerns. By understanding how much money you make, what your bills are, and the costs for food and other items, you will have a better understanding of where you are financially and where you spend the most money. This will also help you see where you have the ability to save money.
- **Humor:** Humor is a great relaxer. Listening to a comedian can help take your mind off the stressors in your life.
- **Deep breathing:** If you notice yourself getting stressed, stop and take three deep breaths. This helps you gain perspective and think before reacting to the situation.
- **Plan and prioritize:** Do not panic, set realistic deadlines, do not rush into the first idea you have, and always have an alternative plan.
- **Focus on what you can control:** Create a list to prioritize your work. Break larger tasks into smaller, more doable steps. Understand that things like traffic and detours are out of your control.