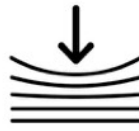

STRESS

A NORMAL RESPONSE
TO AN ABNORMAL
SITUATION



COPING
STRATEGIES

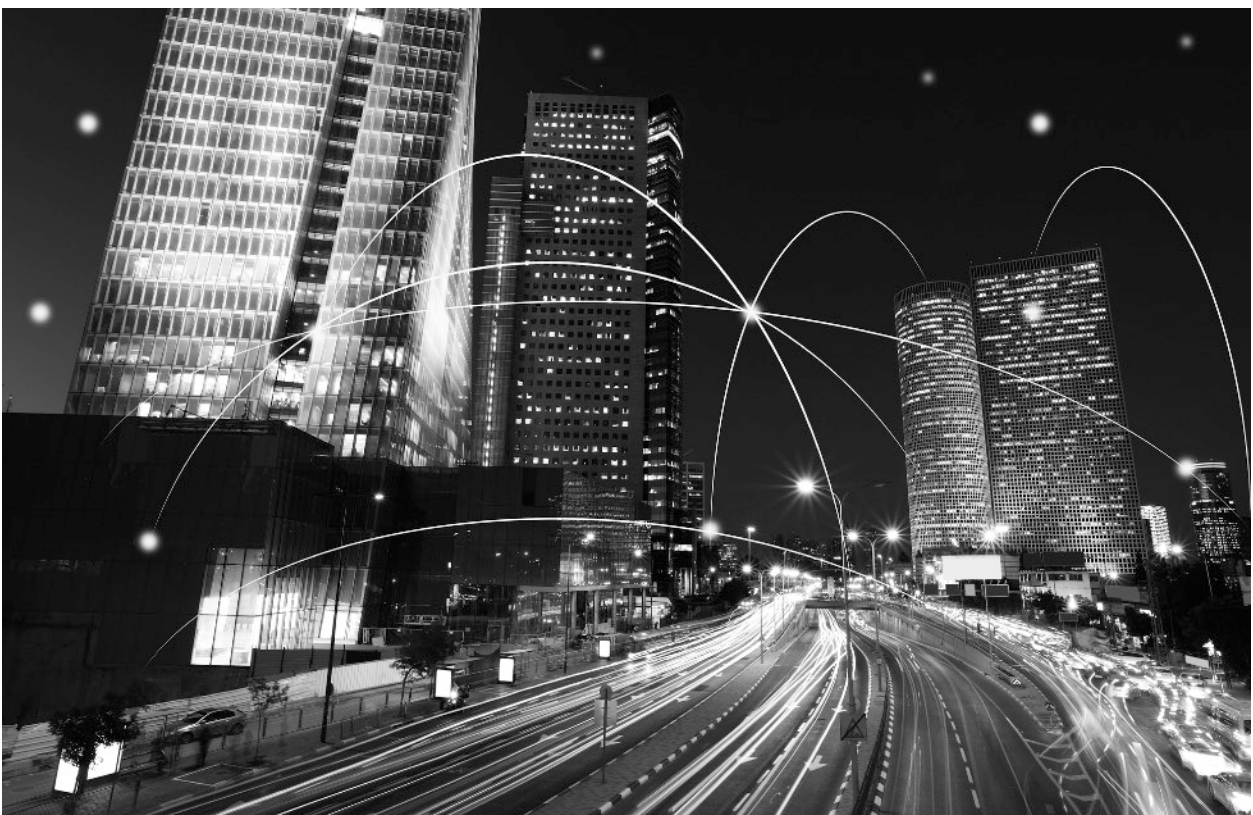


RESILIENCE
REMAIN EMPLOYABLE



HUMAN CAPITAL
SOLUTIONS

COPING ADEQUATELY WITH STRESS



Characteristics

A healthy dose of stress makes you more alert, energised and efficient. We call this “Positive Stress”. However, when confronted with an abnormal circumstance, such as a dangerous or life-threatening situation, or prolonged tension and uncertainty, this stress can have many negative effects. Fear, anger, worry, feelings of shame and guilt, or excessive alertness, can all result from negative stress. These manifestations are normal reactions to an abnormal situation. Often these symptoms fade quickly, however, prolonged or intense exposure can seriously affect your mental well-being and functioning.

Tip

Seek active support from others and talk about it. Take care of yourself. Get plenty of rest and stay fit.

Adequate coping strategies

Everyone reacts differently to stressful situations. What doesn't affect one person, can greatly impact another. There are many ways to prevent or reduce the effects of stress. Some effective coping strategies are:

- Blowing off steam: share your feelings and emotions with others
- Changing perspective. ex. Use of humour
- Distancing yourself from the situation
- Letting go of the things you cannot control
- Focusing on positive things and accept your feelings

Remaining Employable

Check in with yourself and be honest. How you are doing? If necessary, make small adjustments to reduce daily stress during employment. Doing daily breathing exercises is a great way to help you relax. When you feel the tension rising, physically distance yourself from the situation for a while. A brisk walk often helps to reduce anxiety. Below, is some general advice that can help you keep functioning under aggravating circumstances:

- Stay physically and mentally fit: eat healthy and drink enough water
- Get enough rest: sleep and relaxation help recovery
- Listen to your body's signals and take them seriously
- Set your limits and make them clear to others
- Stay socially active and don't isolate yourself

If you notice that you continue to suffer from anxiety, feelings of aggression, trouble sleeping or depression for more than a month, contact your doctor. If necessary, you may be referred to a psychologist.

Actively tackle your problems and accept your feelings and thoughts



More info? Please contact us. Our adaptation programs are effective in managing stress.



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