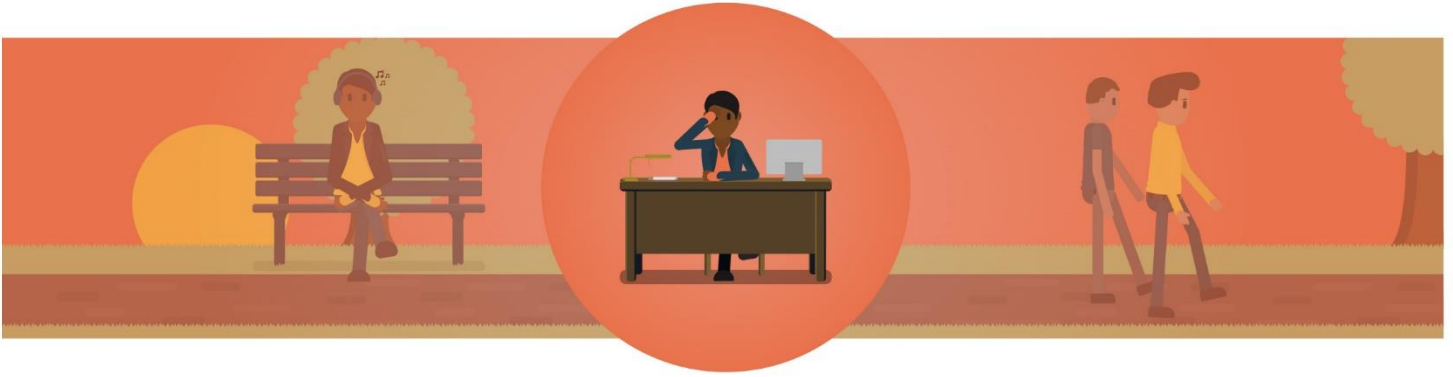


# Don't Stress Out! You're Not Alone



If you're feeling stressed at work, you're among the 80 percent of Americans who feel the same way. In fact, you may be experiencing the symptoms of stress without knowing it. It's important to learn the warning signs of stress so you know when to seek help.

Stress affects your mental health, but it can show itself in other ways too. Back pain, poor focus and headaches can all be symptoms of stress. Here are some other signals that you may be feeling stressed:

- Having trouble sleeping
- Feeling anxious or depressed
- Getting snippy with others
- Experiencing stomach or back problems

## How to Fight Back

While it may not be possible to eliminate all of the stressors in your life, there are plenty of ways to reduce feeling overworked while on the job. Recognizing the signs of stress is the first step to improving your health. Consider these tactics next time you feel wound up:

- Plan and prioritize your most important responsibilities.
- Limit interruptions so you don't have to refocus each time you're distracted. Some ways to limit distractions include using a do-not-disturb function on your phone or blocking off time in your calendar to finish a project.
- Take breaks away from your workstation to mentally regroup. Consider going for a short walk to re-energize your mind.
- Listen to relaxing music to help you calm down.
- Take time off from work to clear your mind.

If you still have trouble coping with stress, talk with your doctor about treatment options. Don't wait too long before seeking help or you risk letting the stress pile up. Holiday Retirement has the resources to help you. Contact us today for more information.