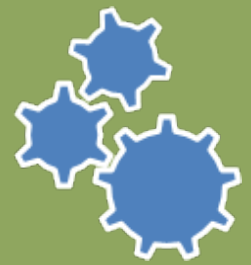


Work & Career Stress



Stress is a function of the demands placed on us and our ability to meet them. The inappropriate level of pressure can exist, whether real or perceived. This pressure can turn into stress when you feel unable to cope. Any job can have stressful elements, even if you love what you do.

When work stress becomes chronic, it can be overwhelming

— **and** harmful to both physical and emotional health.

In 2012, **65%** of Americans cited work as a top source of stress, according to the American Psychological Association's (APA) annual Stress in America Survey.

Only **37%** said they were doing an excellent or very good job managing stress.

A stressful work environment can contribute to problems such as headache, stomachache, sleep disturbances, short temper and difficulty concentrating. Chronic stress can result in anxiety, insomnia, high blood pressure and a weakened immune system. It can also contribute to health conditions such as depression, obesity and heart disease.

Work-family Conflict is defined as incompatible demands between the work and family roles of an individual that makes participation in both roles more difficult.

Negative emotion spilling from work into home life can actually make job problems worse. This can eventually affect your relationships with family and friends and your happiness at home.

Signs and symptoms of excessive job and workplace stress:

- Feeling anxious, irritable, or depressed
- Apathy, loss of interest in work
- Problems sleeping
- Fatigue
- Trouble concentrating
- Muscle tension or headaches
- Stomach problems
- Social withdrawal
- Loss of sex drive
- Using alcohol or drugs to cope

Taking Steps to Manage Stress:

- Talk to your supervisor
- Keep track of your stressors
- Take time to recharge
- Learn how to relax
- Develop healthy responses

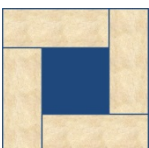
You can't always avoid the tensions that occur on the job. Yet you can take steps to manage work-related stress.

Reduce job stress by taking care of yourself.

When stress at work interferes with your ability to perform your job, manage your personal life, or adversely impacts your health, it's time to take action. You can get help.

Accepting help from trusted friends and family members can improve your ability to manage stress. If you continue to feel overwhelmed by work stress, you may want to talk to a marriage and family therapist, who can help you better manage stress and change unhealthy behavior.

If you are looking for extra support and guidance through a challenging situation or are just ready to move in a different direction in your relationships, I look forward to working with you to achieve your goals.



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