WORKPLACE STRESS

HEALTH PROMOTION PROGRAM
Navy & Marine Corps Public Health Center
Work Distress

Is your workplace a den of incivility, rudeness and hostility?
Counterproductive Work Behavior

Definition:
- Ignoring the rights and feelings of others

Also know as:
- Desk Rage
- Incivility
Examples

- Rudeness
- Yelling
- Snippy communication
- Verbal abuse
- Other aggressive behaviors
Indirect Counterproductive Behaviors

- Late for meetings
- Talking about others behind their backs
Indirect Counterproductive Behaviors

- Trying to undermine authority
- Theft
Incivility

- Can become a ripple effect!
- Creates a hostile work environment!
- Infects the entire organization!
You heard right. We've decided to freeze you until medical science finds a cure for your bad attitude.
What Can I Do?

- Be aware of and concerned about the effect your actions and words have upon others!
Job Stress

The goal is to manage our job stress before it manages us!
Let me guess... you need a couple of days off because of stress?
Stress Buster

- Buffer yourself against constant demands.

What specific strategies do you use to reduce your work stress?
Job Stress Busters

- Take a break!

How often do you take breaks during a regular day?
A hectic or tough day?
Breaks

Take a mental break!

- Use a relaxing visualization
- Use a calming phrase
- Use your imagination...
Step one of the stress seminar is entitled: "Learning to Relax"...
Stress Busters

- Use humor

- Let go of what you can!

God grant me the serenity to accept the things I cannot change; the courage to change the things I can, and the wisdom to know the difference!
Job Stress Busters

- Learn your limits
- Let your perfectionism go!
- Let go of grudges
- Shoulder and share your burdens
Stress Busters

- Attempt not to personalize any criticism....

- Check out your Attitude!
Self Care

- Exercise
- Eat right
- Associate with others
- Have fun
- Spiritual support
- Rest and Sleep
Job Stress

- Learn what works for you in dealing with workplace stress!

And Use It!