

WORKPLACE STRESS



HEALTH PROMOTION PROGRAM
Navy & Marine Corps Public Health Center

Work Distress

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



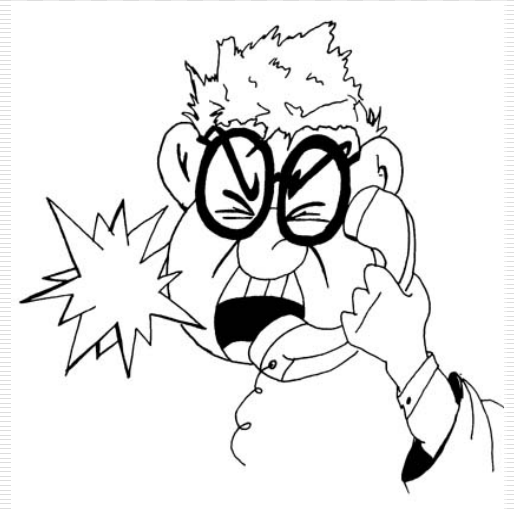
Counterproductive Work Behavior

- **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.

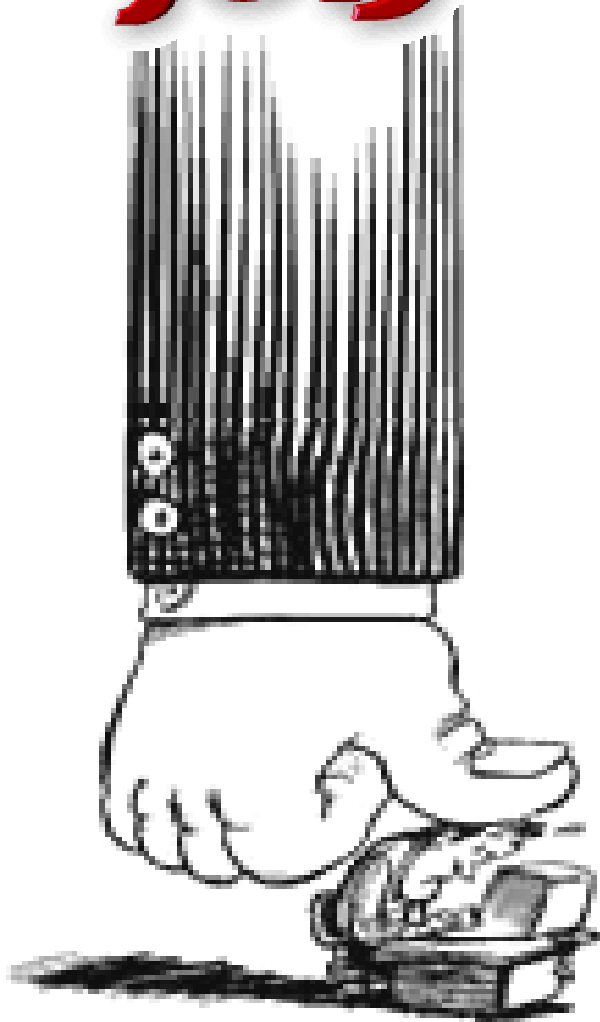


What Can I Do?

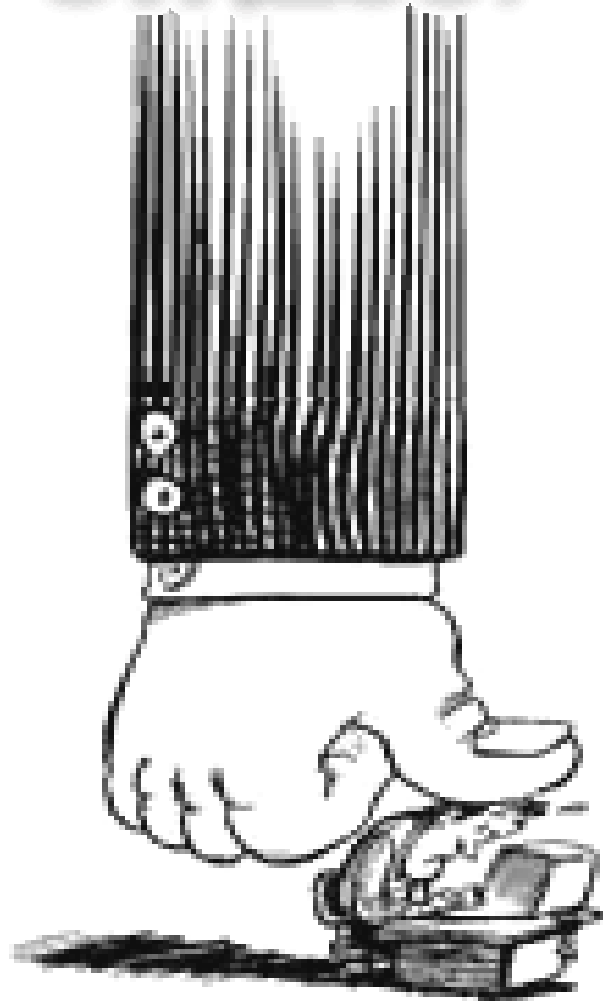
- **Be aware of and concerned about the effect your actions and words have upon others!**



JOB



STRESS?



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?



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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?**

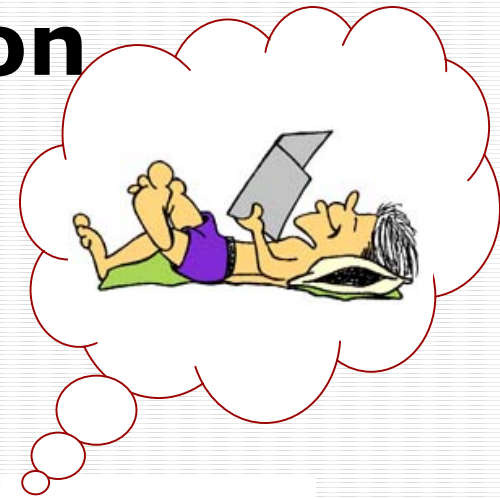
A hectic or tough day?



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"...



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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**



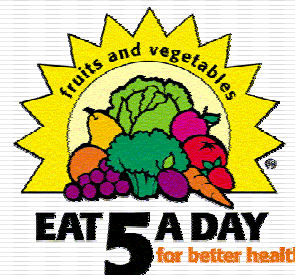
Stress Busters

- **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!