Suggestions for Managing Stress

- Develop a buddy system with a co-worker. Keep an eye on each other’s functioning, fatigue level and stress symptoms. Agree to take a break when your buddy suggests it – if the situation and your supervisor allow it.

- Note to supervisors: Workers are in a highly distressed state; allow increased time for breaks or more breaks, as necessary.

- Recognize your limitations. Some of us are so invested in our work that we may take on more than we can manage at any particular point in time and fail to take adequate care of ourselves.

- Encourage and support co-workers. Listen to each other’s feelings. Don’t take anger too personally. Anger is a normal feeling after a traumatic event, and it sometimes gets vented at co-workers inadvertently. Hold criticism unless it is essential.

- It is important for supervisors and co-workers to acknowledge a job well done.

- Maintain as normal a routine as possible. Taking care of business helps maintain a sense of order and accomplishment.

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