

Frontline Wellness Program – The Coping Club - Handout

Topic: Introduction – Stress

The Stress Bucket - <https://www.youtube.com/watch?v=1KYC5SsJjx8>

Stress

Stress can be defined as a state of worry or mental tension caused by a difficult situation. Stress is a natural human response that prompts us to address challenges and threats in our lives. Everyone experiences stress to some degree. The way we respond to stress, however, makes a big difference to our overall well-being.

Coping with stress

Deep breathing, mindfulness, grounding
Positive self-talk, good sleep hygiene
Setting boundaries, assertiveness, communication
Prioritizing/Scheduling, work/life balance

Stress in the workplace

A stressful work environment can contribute to problems such as headache, stomachache, sleep disturbances, short temper, and difficulty concentrating.

Common workplace stressors:

Low wages
Excessive workloads
Few opportunities for growth or advancement
Work that isn't engaging or challenging
Lack of social support
Not having enough control over job-related decisions
Conflicting demands or unclear performance expectations

Coping with stress in the workplace

- Don't lead with emotion
 - Normalize, validate the emotion
- Allow time to collect your thoughts, rather than doing or saying something impulsively
 - Eg. Write a draft email and then leave it until the next day
 - Eg. ask to revisit the discussion at a later date

The STOP Skill

S

Stop



T

Take a
step back



O

Observe



P

Proceed
mindfully



Rediscover joy and meaning in the work that you are doing

Changing your attitude towards your job can help you regain a sense of purpose and control.

- Rediscover your passion – Why did you get into this work in the first place?
 - Look for highlights in your day
 - Savor small successes
 - Think about your strengths
 - Teach or mentor someone else

Set boundaries. AND STICK TO THEM

"I am not going to check my work email/phone after 5pm"

"I am not going to take on any overtime next month"

"I am at capacity"

"If I take on _____, then _____ will have to be put aside. Please let me know what the priority is".

Take time to rest and recharge

Take your daily scheduled breaks, take your lunch break

Use your vacation days

Don't over-commit (eg. accepting overtime)

Create a calming and peaceful space at home

Take a technology break

Nourish your creative side

Stress vs. Anxiety

If you are struggling to cope, or the symptoms of your stress or anxiety won't go away, it may be time to talk to someone.

Contact Us

Interested in 1:1 counselling? Self-refer at

https://www.waypointcentre.ca/programs_and_services/frontline_wellness_program

To connect with the group facilitators email: frontlinewellness@waypointcentre.ca

Resources and References:

<https://psychotherapyacademy.org/section/distress-tolerance-skills/>