Tips For Putting a Stop to Work Stress

Work stress is another common source of stress in your life. It is important that you keep this type of stress low and try not to bring it home with you. The following guidelines are going to be a great start to no longer having work stress that you carry around with you every day.

**Know When You Are Experiencing Work Stress**

The first thing you should do is figure out if and when you are experiencing works tress. Since there are so many different types of stress, it is important to first narrow down what you are experiencing, then try to find the root cause. The following signs are common when you are having work stress that needs to be addressed:

* You feel anxious or depressed after the weekend is over
* At work, you find it hard to focus
* You can’t sleep well on nights before you head into work
* You are in a foul mood when returning home from work
* Work is causing you to experience social withdrawal
* You have frequent headaches or muscle tension
* After starting a new job, you have lost your normal sex drive
* You have very little interest in the work you are doing

**Identifying Issues at Work**

Once you know that you have stress at work, you then need to look at the issues that might be causing that stress. It could be anything from the type of work you do, to lack of advancement, loss of passion, or problems with the people you work with. Start keeping a journal so you can better identify what about your job or work environment is causing you to experience stress. You may find that on days when you have meetings with certain people in management, you have higher stress, or that you have an increased fear of being laid off. Your journal might also look at your stress simply being from the type of work you do.

**Not Bringing Work Home With You**

One very important thing to do if you have stress from your job is to not bring your work home with you, unless you actually work at home. This makes it harder on you because you feel like you never have a break from the stress. It is not always possible to get rid of what is causing your work stress, but if you are letting that bleed over into your personal life, it can have an even worse impact on your life.

**Helpful Relaxation Techniques**

In order to relieve the work stress, you need to find healthy relaxation techniques. This will depend on your lifestyle. You can start taking walks or starting a new fitness regimen to release endorphins, you can keep a journal, or you can try things like bubble baths and meditation at home.