**Mrs. Bridges week of May 4th. Assignment in google classroom.**

**Please add your answers in red.**

**Dealing with Work Anxiety**

Everyone, from the CEO to the newest entry-level employee, experiences some work anxiety from time to time. It’s to be expected and it can be overcome. Here are ways to help with anxiety:

• **Stay busy when not at work**. Going home and hitting the sofa and TV only works for a short while. Try to avoid moping and find things to fill your life so that work doesn’t consume it.

• **Exercise before or after work.** With exercise, you’ll notice your stress lessening and your mental health improving. Endorphins, the body’s natural painkillers, improve mood and reduce physical problems. Exercise before work can lower stress throughout the workday and exercising after work can stop the stress from affecting you at home.

• **Look at your work tasks as challenges.** Time yourself on menial tasks to see how quickly you can complete them, and brainstorm more difficult challenges to come up with as many ideas as possible.

• **Use bright light.** When days are dreary and gray, increase the brightness of the lights in your workspace. Brighter space has been proven to increase good moods.

• **List your stresses and check them off as you overcome each one.** If you were criticized by your boss or a customer, check this stress off if you handled it professionally, and then give yourself a small reward, such as downloading new music.

* **Write it down. If** you are one who likes to write in a journal, write the stressful situation

and how you handled it in your journal. Put the journal away and the stress with it!

**Activity: Which of the above strategies do you believe will be most helpful for relieving your own work-related stress. Explain why you think this.**