



Stress Awareness #Bethechange

In commemoration of Stress Awareness Month, held in April, this year's theme, #BeTheChange, reminds us that managing stress begins with personal action and leads to positive transformation. Stress can affect our health, relationships, and performance. You cannot always prevent stress but you can take steps to manage it.

Here are some practical ways to manage stress:

- **Create a Pre-Work Ritual** Evidence suggests that having some type of routine can be a great way combat the negative effects of stress. Plus, consistency helps you feel more in control and able to know what to expect.
- **Prioritise Tasks:** Get clear on your expectations for the day; Focus on what matters most.
- **Declutter your Workspace:** Use digital tools or the traditional 5s method (sort, set in order, shine, sustain and standardise.)
- **Pause and Breathe:** Take short breaks during the day to reset. This can help you blow off steam, lift your mood, and get into better shape.
- **Hydrate and Eat Well:** Your diet plays a major role in how you handle stress. Dehydration and poor nutrition can lead to fatigue, irritability, and decreased focus. Fuelling your body with the right nutrients keeps your energy steady and your mind clear.
- **Exercise Regularly:** Exercise is one of the most effective ways to manage stress. It helps release endorphins, improves mood, and increases energy levels, making it easier to stay focused and productive. You don't need an intense workout small, consistent efforts make a big difference. Engage in enjoyable physical activities. Choose activities like dancing, yoga, walking or cycling to stay active without feeling like it's a chore.
- **Seek Support when needed:** Managing stress on your own can feel overwhelming, but you don't have to navigate it alone. Seeking support from others provides valuable guidance, reassurance, and a fresh perspective.

Here's how to build a strong support system:

- **Talk to a Mentor:** A trusted mentor can offer experienced insights and help you find solutions to work challenges.
- **Seek Professional Guidance:** A therapist or counsellor can help you develop coping strategies and manage stress effectively.
- **Lean on Colleagues:** Trusted coworkers understand your workplace pressures and can offer support or advice.
- **Join a Support Group:** Connecting with others facing similar challenges can help you feel less isolated and more empowered.





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Seeking support when needed can help reframe negative thought patterns and build healthier coping strategies. Professional guidance/ therapy is covered under medical aid, and staff members may be able to access it at no extra cost. Please consult with your medical service aid providers for details.

Each of us can take small steps to manage stress and inspire others. By caring for ourselves, we create a healthier, more positive life for ourselves.

Let's commit to being the change by taking action to manage stress and fostering transformation in our workplace.



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**BE THE CHANGE
YOU WANT TO SEE
IN THE WORLD**

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~ Mahatma Gandhi

