

Strategies for Managing Workplace Stress

With inconsistent and ever-changing public health orders regarding capacity restrictions and mask mandates due to COVID-19, essential businesses and their employees have been under an increasing amount of stress for more than a year now. Colorado Spirit is here to provide you with some basic strategies for managing some of this stress both on and off the job.

MASK MANDATE STRESS

- If your personal beliefs about mask mandates are different from your employer's policy, think about ways you can still enact store policy while preserving your own personal beliefs outside of store hours. These can be done separately without compromising the other.
- If your personal beliefs are in line with store policy but differ from the beliefs of customers, try to remain impartial, refer to the store's policy on masking and avoid inserting your own beliefs.

DON'T INTERNALIZE SOMEONE ELSE'S EMOTIONAL RESPONSES

- If someone comes into your place of work and seems angry or upset in any way and they start to direct that towards you, try not to let that in. You are not responsible for someone else's negative feelings.

DEVELOP HEALTHY BOUNDARIES

- Do what you can to keep work at work. Whether that's taking the long way home so you can listen to your favorite music and decompress in your car or starting a routine where you do something enjoyable immediately after work, establishing firm boundaries helps to build your resiliency for future adverse events.

PRACTICE EXCELLENT SELF-CARE AND BE KIND TO YOURSELF

- The more grounded we are, the more we will be able to rationally handle and sift through the struggles that come our way.
- Self-care basics: sleep, exercise, hydration, healthy meals, fresh air
- Remember that you've been through just as much if not more than everybody else. Be kind to yourself. It's okay if not every day is a good day.

PERCEPTIONS = REACTIONS = EMOTIONS = BEHAVIOR

- Much of our stress comes from the way we think. If your thoughts are spiraling out of control and you're hyper-focusing on negative events try the 5, 4, 3, 2, 1 Grounding Technique to bring your thoughts back to the here and now.
- Say out loud:
 - 5 things you see around you
 - 4 things you can touch
 - 3 things you hear
 - 2 things you smell
 - 1 thing you taste

MindSpringsHealth.org/Colorado-Spirit-Initiative

