OCTOBER 19

Understand Your Stress

Canada's Healthy Workplace Month

EXCELLENCE CANADA

Mental, emotional, and physical exhaustion can manifest in many ways in the body. It is important to recognize these signs to improve overall well- being.



Reflection Prompt

"What does stress feel like in my body?" take a few moments to write down the bodily sensations when you are becoming stressed. This can be a helpful tool in recognizing signs of approaching burnout.

Mindful Body Scan

Take 10 minutes to close your eyes and begin taking deep breathes. Observe the areas you are holding onto tension. Consciously relax those areas with every inhale and exhale.

Choose how you will

Understand Your Stress

Self-Compassion Pause

When you are feeling overwhelmed, place a hand on your heart and acknowledge, "This is a moment of stress; slow down, and be gentle with yourself. "

Energy Meter

Take 3 times out of your day and rate your energy levels from 1-10. Take note of what activities drain you and which ones energize you.

Learn more at
healthyworkplacemonth.ca

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Daily Resource

Box breathing technique

Inhale for 4 seconds, hold for 4 seconds, exhale for 4 seconds, hold again for 4 seconds. Repeat this pattern for 30 seconds.

Workplace Tips

For leaders

Be conscious of energy levels and productivity within the workplace. Promote an environment that encourages an appropriate work-life balance.

For Team Members

Recognize moments of stress throughout the day. In those moments, make a conscious effort to breathe, slow your thoughts, and release tension.

> **Awareness is the greatest agent for change.**
>
> **-Eckhart Tolle (author)**

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