

7 ways to reduce **STRESS AT WORK**



1
TAKE A
DEEP
BREATH

2
RECOGNIZE
SELF-IMPOSED
STRESS

3
GET
ORGANIZED

4
MAKE A
SCHEDULE

5
AVOID
INTERRUPTIONS

6
MEDITATE
AND STRETCH

7
CHANGE
LOCATION

WHAT DO YOU DO TO REDUCE STRESS AT WORK?

Sixty Ways To Make Stress Work For You

Andrew Edmund Slaby



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