

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

Lawrence D. Chilnick



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Her words are written with the hope that countless people will find out which doors have been opened to allow evil spirits in their lives and what they must do to prevent their return *International Labour Documentation* International Labour Office. Central Library and Documentation Branch, 1992

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