

# Kansas Association of School Boards

January

## Work Related Stress



Stress is the adverse reaction people have to excessive pressure or other types of demand placed on them. It can be caused by things at work or by things outside of work, or both. Work related stress is not an illness, but it can lead to increased problems with ill health, if it is prolonged or particularly intense. Stress can contribute to heart disease, back pain, anxiety, depression, and gastrointestinal disturbances, among other minor illnesses.

### **You can help reduce work related stress by:**

- Talk to your supervisor. If they do not know there is a problem, they can't help.
- Try to channel your energy into solving the problem rather than just worrying about it. Think about what would make you happier at work and discuss this with your supervisor.
- See if your school district's counseling or employee assistance service can help.

### **You can help reduce stress in general by:**

- Eating healthier.
- Limit your alcohol consumption. Alcohol acts as a depressant and will not help you tackle the problem.
- Watch your caffeine intake. Tea, coffee, and some soft drinks may contribute to making you feel more anxious.
- Be physically active. It stimulates you and gives you more energy.
- Try learning relaxation techniques. Some people find it helps them cope with pressures in the short term.

Stress does not have to be debilitating. If addressed early and correctly it can actually lead to very positive results. The key is identifying stress before it becomes a problem and having an honest and open discussion about how to correct it with your supervisor.