

SLAYING STRESSFUL SCHEDULES

REDUCING STRESS IN ALL WORKPLACES

No matter where you work, a few small changes can make a big difference.



Office & Desk Jobs

Stress Triggers: Sedentary routine, tight deadlines, digital overload



- Take 5-minute screen breaks every hour
- Practice desk stretches or mindfulness breathing
- Use task lists to break big projects into small steps
- Listen to low-volume calming music or nature sounds

Healthcare Workers

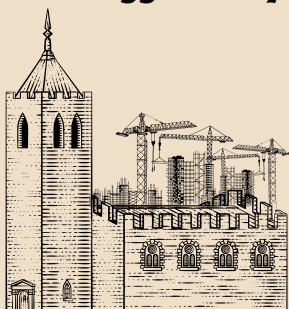
Stress Triggers: Emotional fatigue, long shifts, high responsibility

- Debrief with colleagues after intense shifts
- Take short solo walks when possible
- Stay hydrated and fuel up with nutrient-rich snacks
- Use grounding techniques during high-anxiety



Construction & Physical Labor

Stress Triggers: Physical strain, safety concerns, irregular schedules



- Stretch before and after your shift
- Talk openly with supervisors about safety concerns
- Find a quiet spot during breaks to decompress
- Focus on one task at a time to reduce mental clutter

Retail & Customer Service

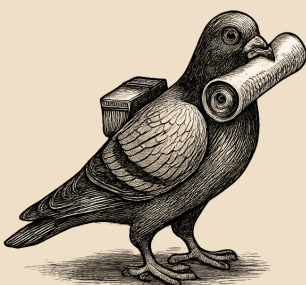
Stress Triggers: Difficult customers, fast pace, lack of breaks

- Use deep breathing after tough interactions
- Create a buddy system for short vent/check-in moments
- Take scheduled breaks seriously—leave the floor when possible
- Use positive self-talk to reset your mindset



Remote Workers

Stress Triggers: Isolation, blurred work-life boundaries



- Stick to a start/end routine to “leave work” at home
- Add greenery and natural light to your space
- Schedule virtual coffee chats with teammates
- Log off completely at the end of the workday

Slay Stress | Subscribe: healthdiscovery.org/subscribe

 **HealthDiscovery.org**^{SV} by BenefitsVIP®