

Shift Work giving you problems?

There's help for stress

Stress is a part of life in the twenty-first century. Every day people, places and events impact on our lives and in some way create change. How we react to that change may result in stress.

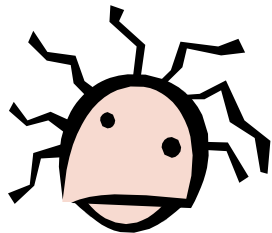
When we think about stress, we almost always couch it in negative terms and see it as something to get rid of. In actuality, stress is anything that stimulates you and increases your level of alertness. A certain amount in our lives is both necessary and beneficial.

Stress is a motivating force, and life without this stimulus would be dull and boring.

Also short-term stress gives us heightened awareness to what's happening around us.

However, life with too much stimulus becomes unpleasant and tiring and may ultimately damage your health or well-being.

Shift work and long hours of work increase the workers' stress rating. The night shift emerges as the greatest stressor.



Stress Symptoms

- tension headaches
- migraine headaches
- anxiety
- stomach upset
- ulcers
- high blood pressure
- excess muscle tension
- muscle tics
- insomnia
- flu/colds

Stress Management

In Control: You are responsible for your own stress - very often, it is a product of the way you think.

Journal Keeping: Keeping a stress diary is an effective way of finding out both what causes you stress and what level of stress you prefer.

Stress Tip: If outside factors such as important events or relationship difficulties are causing stress, then a positive-thinking or imagery-based technique may be effective.

Plan Ahead: By anticipating stress, you can prepare for it and work out how to cope with it when it happens.

Get all the Info: In many cases lack of information or uncertainty about the actions of other people causes stress. The most effective way of countering this is to ask for the information you need.

Stay Positive: Negative thinking causes stress because it questions your confidence.

Fact: Physical activity not only improves your health and reduces stress it also relaxes tense muscles and helps you to sleep.

Good Times : A good thing to remember is that exercise should be fun. If you do not enjoy it, then you will probably not keep doing it.

Big Changes : Managing long-term stress requires adjusting your lifestyle.

Attitude Adjustment : Where your attitude is negative or hostile, you will create problems. With a positive attitude, you can maintain a sense of perspective and draw the positive elements out of each situation.

How Do We Cope?

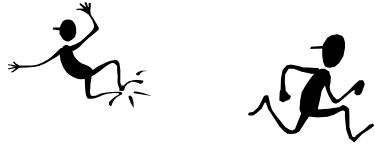
Follow The Canada Food Guide



- Eat regular meals throughout the day.
- Choose lower fat foods.
- Eat all foods in moderation.
- Taste your food before adding salt.
- Check labels on convenience foods many are high in salt.

Get Plenty Of Exercise

- Plan to have at least 30 minutes of exercise daily
- Take the stairs or park your car at the far end of the parking lot and walk.
- Find ways to work off that stress reaction.



Limit Caffeine Intake

Try decaffeinated coffee and tea, juice and plenty of water.

Get Adequate Rest

Sleep will help restore the body. Most people need 9 hours of sleep each night.

Avoid Tobacco Smoke

If you smoke try to cut down.
If you don't smoke – don't start

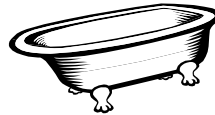


Avoid Alcohol

Alcohol will not solve problems

Take Time for Yourself

- Learn to relax
- Try a hobby
- Try a soothing warm bath



For more information contact a member of the SFL Shift Work Committee. Visit our website at www.sfl.sk.ca under SFL Committees / Shiftwork.



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and Stress