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**Tool Box Safety Talk # 32 08-04-2024.**

**Topic: Controlling Stress**

As a construction worker, you face stress daily, often without knowing how to deal with it. It's crucial to learn how to manage stress because it can affect your performance and relationships both on the job site and at home. On the job, stress can lead to distractions, increasing the risk of accidents. At home, it can strain your family relationships.

Stress usually arises from changes in your life and feeling that you lack the resources to handle these changes and demands. Consider what causes stress: getting married, winning the lottery, or having an argument? All of these can be stressors. Stress can come from both negative and positive experiences. Everyone reacts to stress differently, but common symptoms include an upset stomach, fatigue, tight neck muscles, irritability, and headaches. Some people respond to stress by overeating, drinking excessively, losing sleep, or smoking. Stress can also make you more vulnerable to illnesses like the common cold, ulcers, and some cancers.

The first step in managing stress is to identify your "stressors," or the things that trigger your stress. These stressors might include events that make you feel sad, frightened, anxious, or even happy. You can also create stress through your thoughts, feelings, and expectations. Look at the list below. Which of these cause you stress? Can you think of other stressors?

* Not enough time
* Unexpected change
* Family problems
* Extra responsibility
* Personality clashes
* Money difficulties

Everyone has to deal with life's problems. The key to handling everyday stressors is coping with stress in a positive way.

1. **Acceptance**: Many of us worry about things we have no control over, such as a family illness, major changes at work, or your favorite sports team losing. One way to manage stress is to accept when things are beyond your control. It might help to think positive thoughts like, "Someday I'll laugh about this," or "It's a learning experience."
2. **Attitude**: Try to focus on the positive aspects of situations. Ask yourself, "What good can come from this?" "What can I learn from this situation?" and "How can I handle this better next time?" Solutions come more easily when you focus on the positive, and your stress level will decrease.
3. **Perspective**: We often worry about things that never happen. Keep things in perspective by asking yourself, "How important is this situation? Can I do anything about it? In five years, will I even remember it happened?"

Think about the situations in your life that cause you stress. Are they important or unimportant? Are they controllable or uncontrollable? If they are controllable, you can take action to change the situation. If they are uncontrollable, you can use your skills in acceptance, attitude, and perspective to reduce your stress.

Safety Recommendations: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Job Specific Topics: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**TRAINING ROSTER**

COMPANY: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ JOBSITE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

## SUPERVISOR: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DATE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**# 32 Controlling Stress 08-04-2024.**

**ADDITIONAL TOPICS COVERED: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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