



Feed Your Brain Series Workshop #3: Stress in Your Workplace

1.888.730.7821 (Toll free Ontario)
workplacesafetynorth.ca



Welcome to the webinar

Feed Your Brain Series

Workshop #3: Stress in Your Workplace

- The webinar will begin at **12:00 pm Eastern Time**
- For audio, please use headphones or ear buds.
- Please note the '**CHAT BOX**' to the right of the screen and feel free to type in your questions at any time during the presentation.
- Questions may be answered during the presentation, but most will be addressed at the end of the presentation.
- For your reference, this presentation will be emailed to attendees within one business day of the webinar.

Webinar co-hosts

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Let's Talk:Stress

WSN – May, 2018

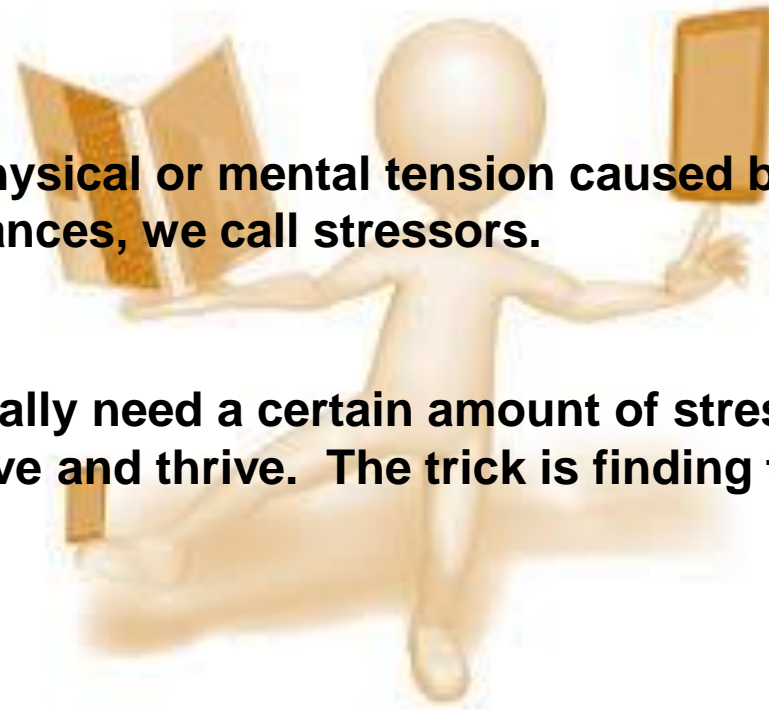


Let's Talk: Stress

- **STRESS: WHAT IS IT?**
- WHAT HAPPENS TO US WHEN WE EXPERIENCE STRESS?
- EVOLUTION AND STRESS
- WHO IS MOST STRESSED?
- IMPACTS AT WORK?
- HOW DO WE MOVE FROM SURVIVING TO THRIVING?
- TAKE AWAYS

STRESS: WHAT IS IT?

- **Stress is a physical or mental tension caused by various life circumstances, we call stressors.**
- **Humans actually need a certain amount of stress in their lives to survive and thrive. The trick is finding the right balance.**

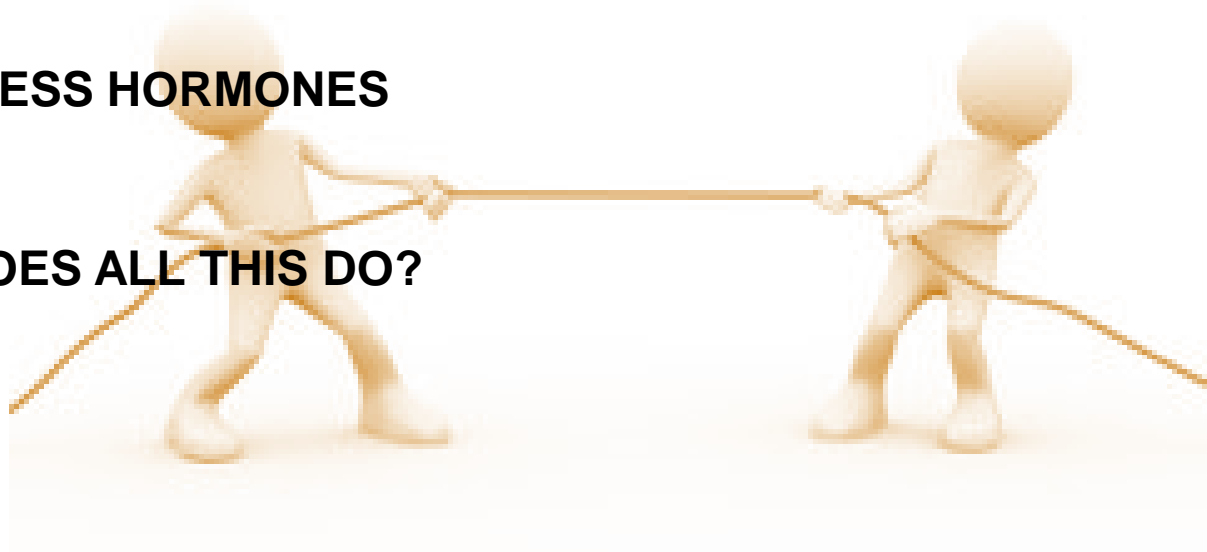


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WHAT HAPPENS TO US WHEN WE EXPERIENCE STRESS?

- THE BODY'S RESPONSE – OUR STRESS REACTION
- THE STRESS HORMONES
- WHAT DOES ALL THIS DO?



SO...IS STRESS GOOD OR BAD? IT'S BOTH!

ACUTE

- The Good
- Purpose
- Stress = Surviving



CHRONIC

- The Bad
- Consequences
- Stress = Daily Struggles



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EVOLUTION AND STRESS

Let's talk about the evolution of stress(ors)!

- **What Has Changed? Why is Stress such a hot topic?**
- **The Human Response – The Nervous System**
- **Stressors – The Evolution**



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WHAT CAUSES US STRESS? IT DEPENDS!

- **Generational Impacts – Let’s Talk: Generation Stress!**
- **Statistics: 23% of Canadians report their days as being quite or extremely stressful**
- **90% of young adults say they are stressed out**



WHAT FACTORS INTO OUR STRESSORS?

- We know that **STRESSORS** are what cause us stress, but what are some other factors to consider?
 - **Situational**
 - **Cultural**
 - **Environment**
 - **Expectations**
 - **Feelings**



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Impacts at Work

At work, Stress may contribute up to:

- 19% of absenteeism
- COSTS
 - 40% of turnover costs
 - 55% of EAP costs
 - 10% of drug plan costs
 - 78% of short term disability claims
 - 67% of long term disability claims
- 60% workplace safety incidents
- Workplace stress and the WSIB
- Conflict and Productivity
- How else can it affect your team?



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STOP SURVIVING....START THRIVING!

10) EXERCISE

9) RELAX YOUR MUSCLES

8) DEEP BREATHING

7) EAT WELL

6) SLOW DOWN!

5) TAKE A BREAK

4) MAKE TIME FOR HOBBIES

3) TALK ABOUT YOUR PROBLEMS

2) GO EASY ON YOURSELF

1) KNOW YOUR TRIGGERS – ELIMINATE OR CONTROL THEM



TAKE AWAYS

- **WE ONLY HAVE ONE STRESS REACTION**
- **UNDERSTAND YOUR STRESSORS**
- **KNOW YOUR RESOURCES**
- **CREATE AWARENESS**
- **MAKE A CHANGE AND ENCOURAGE CHANGE AT WORK AND AT HOME**



RESULTS – STRESS TEST

- **1-30 STRESS MASTER**

You are doing a great job managing your stress. Congratulations! Coaching may help you achieve even higher levels of performance.

- **31-50 LEARNING**

You are managing stress to a considerable extent. There is still room for improvement. You will benefit from better understanding your triggers and learning new strategies to manage your stress. Consider coaching to help you further develop your skills and learn new strategies.

- **51-100 RED ALERT!**

Things may be spinning out of control. You need to change certain behaviors and learn new skills; don't be afraid to seek help from resources that are available to you.



QUESTIONS



Resource information

- [StressAssess - free online survey tool, smartphone app](#) - Occupational Health Clinics for Ontario Workers (OHCOW)
- [Taking Action on Workplace Stress - Infographic](#) - Canadian Centre for Occupational Health and Safety (CCOHS)
- [Training courses](#) – Workplace Safety North (WSN)

Thank you

Thank you for attending today and helping make workplaces safer.

WSN Contact Information

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