



## Managing Stress

*Unmanaged stress can have a negative effect on your health and well-being, and can increase your chances of being involved in a collision. The following are some tips to help you cope with stress in a positive way.*



- **Avoid small annoyances by planning ahead and expecting the unexpected.** Eliminate small stressful situations by arranging travel schedules to avoid rush-hour traffic. Conduct thorough vehicle pre- and post-trip inspections to avoid mechanical delays or stress from receiving citations or out-of-service orders.
- **Get enough sleep.** Adults need six to eight hours of uninterrupted sleep every night (or day) to refresh themselves mentally and physically. Don't eat heavy meals or watch TV in bed shortly before bedtime. Block out light and noise. Consider using a sleeping mask and/or ear plugs if necessary. Consult with your physician to discuss any sleep disorders, such as insomnia and sleep apnea.
- **Exercise regularly by doing activities that you enjoy for at least 30 minutes each day.** Find activities that can be done on the road or at home, such as walking, running, calisthenics, aerobic exercise, jumping rope, swimming, etc.
- **Recognize your body's response to stress** so you can learn to deal with it appropriately. Take slow, deep breaths to help you calm down.
- **Eat regularly and nutritiously.** Consume less alcohol, sugar and caffeine. Eat more fruits, vegetables and whole grains to strengthen your body's immune system.
- **Seek professional counseling if the pressure becomes too great.** Contact your company's Employee Assistance Program for help in finding an experienced, confidential counselor. You can also contact your local mental health association or other counselors or enroll in a stress management class.

