



Safety Message of the Day for IMEA Members



How to Deal With and Manage Stress at Work Safety Message

Have you ever had a day at work when your mind was somewhere else and you couldn't focus? It might have had something to do with stress, or maybe even stress at work itself. Stress is a normal part of work and life, but too much of it can have dire effects on team morale and productivity. As a business leader, how can you de-stress your employees' lives so they perform at their very best?

"If you're not conscious or aware through what I often refer to as a radical self-inquiry, the culture that gets created around you is going to reflect pretty much your worst character traits. Your shadowed qualities as a leader. The parts of yourself that you want to push off to the side."

The good news is, there are plenty of opportunities to show your employees that you care about their stress levels and the health of the organization at large. By facilitating open dialogue, offering PTO, and encouraging other types of healthy workplace diversions, you can help your company become a great place to work for the ages.