



## Safety Message of the Day for IMEA Members



### Dealing with Stress from Home Safety Message

Our home life often overlaps with our work and vice versa, both in good ways and bad ways. Stressors at home can begin to pile up and affect our work if we are not careful. While some stress is so great that the worker experiencing it should not be at work, most stress can be handled in such a way that it does not create a hazardous situation.

### How Stress Affects Work

There are many negative effects when someone carries in stress from home to work. A couple of examples include:

- \* Lack of focus. Dealing with any of the above stressors is obviously going to come with a mental load. Constantly giving thought to a stressful situation takes your mind off of the task at hand.
- \* The strain on work relationships. Stress can cause a person to shut down or become angry towards those around them. This situation negatively affects communication between workers and the cohesiveness of a work group as a whole. Lack of communication or teamwork can lead to injury.

### How to Deal with Stress

There is no one size fits all solution for dealing with stress from a situation at home. Everyone is different and how we each deal with stress will vary.

It is important to recognize stress exists and how it affects you on a larger scale. If your mind is not in the game at work have a discussion with a supervisor. If needed, take a day off to come into work in a healthier frame of mind.