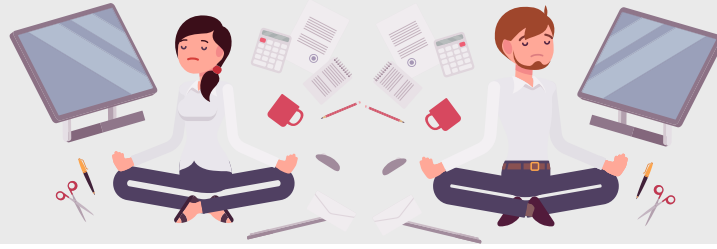


# WORKPLACE WELLNESS: STRESS MANAGEMENT AND HAPPINESS



## STRESS AND COVID-19

The COVID-19 pandemic has drastically changed the workplace. One consequence of these changes is cognitive overload, which is what happens when your working memory receives more information than it can handle comfortably<sup>1</sup>. The amount of information we receive every day during the pandemic is huge. Due to this and many other daily stressors, now more than ever before, it is essential to learn how to manage work stress.



## WHAT ARE COMMON SYMPTOMS OF STRESS?<sup>2</sup>

According to The American Institute of Stress, common symptoms of stress are:

- Frequent headaches
- Neck ache and back pain
- Difficulty concentrating
- Trouble learning
- Insomnia
- Forgetfulness
- Difficulty making decisions
- Insomnia
- Increased frustration
- Constant fatigue
- Problems communicating
- Excess anxiety, worry, and nervousness
- Increased smoking, alcohol, or drug use
- Reduced work efficiency or productivity



## WHY IS STRESS MANAGEMENT IMPORTANT?<sup>3</sup>

Continued, uncontrolled stress can take a toll on your health and well-being. Stress can result in health issues such as anxiety, depression, high blood pressure, obesity, a weakened immune system, and heart disease.

On the contrary, a low-stress work environment can lead to:

- A strong company culture with healthier, happier, and more creative employees.
- Less sick days taken by employees.
- Increased retention as employees who aren't overly stressed are more likely to stick around.
- Talent acquisition because prospective employees are much more likely to work for an employer that promotes a low-stress work environment.



## HOW CAN I LEARN MORE?

Attend our Virtual 2022 Workplace Wellness Symposium

### We're All In this Together - Navigating Through Changing Times



JUNE 24, 2022  
10:00AM - 12:00PM

**FELICIA ZIGMAN, MPH**

#### A LEADER'S GUIDE TO BUILDING A RESILIENT AND HAPPY TEAM

On average, a person is 13% more productive when happy.<sup>4</sup> But what is happiness anyways? Happiness isn't a day at Disneyland or a state of being elated. Happiness can be characterized as a lack of burden/stress that leaves you feeling light and motivated.

With the challenges of the pandemic and global issues we've experienced in the past couple years, many of us have found it challenging to achieve sustainable happiness. The outcome for leaders and employees has been stress/burnout, disengagement, lack of focus, and loss of productivity.

During this breakout session, leaders will pick up strategies and tools to implement with their teams on how to manage stress and burnout and cultivate greater, more lasting happiness.



<https://2022-workplace-wellness-symposium.eventbrite.com>



#### Sources:

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3. <https://www.welcoa.org/blog/benefits-stress-management-employees/>
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