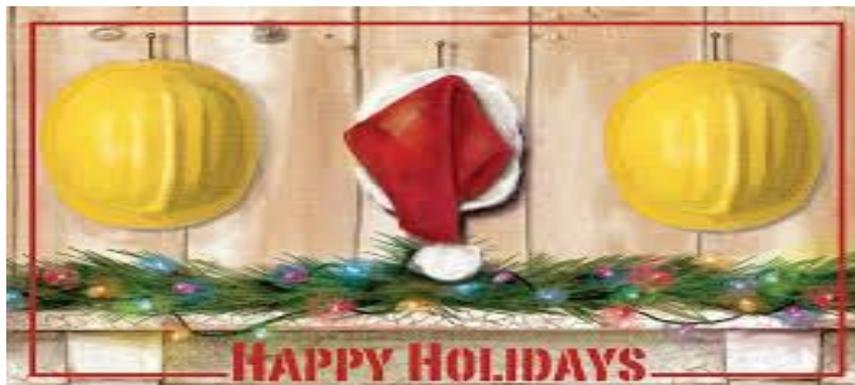


Job Name _____ Job # _____ Date _____

Toolbox Talk: HOLIDAY STRESS



The holidays may be a time of joy, but they are not always a time of peace. Balancing your family's expectations with work commitments and social obligations can make this the most stressful time of the year. At the office, you may discover that the work is still coming in, but most of your colleagues are not. You may even be planning to take some time off yourself. Before the season gets any busier, try these strategies for reducing holiday stress in the workplace or home.

Keep It Simple

One reason for holiday stress is the desire to make everything "perfect." If you are working during this season, you may have less time for shopping, cooking, social events, or travel. Lower your stress level by simplifying your holiday plans.

Take Care

Fatigue, headache, elevated blood pressure, shortness of breath, increased irritability, and insomnia are all symptoms of stress. You can reduce these symptoms by taking care of yourself during the holiday season. Eat balanced meals, get plenty of sleep, avoid alcohol, and exercise regularly. Exercise is particularly important for energy and good health during the holiday season. Get a head start on your New Year's resolution: Talk to your doctor now about creating the right exercise program for you.

Breathe

If work becomes too stressful, stop and take a number of slow, deep breaths. Inhale, count to 3 slowly and gradually exhale. After 4 or 5 breaths, you probably will feel much more relaxed.

The Spirit of the Season

When your co-workers are on vacation, the phone's ringing off the hook, the fax machine has run out of paper and you still have not finished your holiday shopping, the season may not seem quite so jolly. Nevertheless, do something to remember the real spirit of the holidays. Consider donating gifts to a needy family, collecting canned food for a local shelter, or sponsoring "Santa's visit" to a local children's hospital. You might find this is the best "stress reliever" of all.

WE HERE AT ISLAND ACOUSTICS WISH YOU AND YOUR FAMILIES A SAFE AND HAPPY HOLIDAY! BE SAFE!

