

COMBAT CHRONIC WORK STRESSORS

CAUSE

SOLUTION

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| 1. Poor supervision | 1. Empower yourself: Ask your supervisor for what you need to be a good employee. "I want to be a good time keeper and team member." |
| 2. Work overload | 2. Delegate; ask for help; set your priorities; cross-train. Keep note of all you do. |
| 3. Differing values | 3. Accept that people are different. Learn behavioral types: socializers, thinkers, dominant directors, relaters. |
| 4. Automation | 4. Train; learn it; use it. |
| 5. Lack of information | 5. Ask questions; research. |
| 6. Lack of challenge | 6. Do more with what you're given. |
| 7. Time pressures/deadlines | 7. Create priorities; set realistic goals. Under-promise and over-deliver. |

"The only thing you can change is you."
You alter your interactions with others.

