

HOW TO RELIEVE JOB STRESS AFTER WORK

Everyone who has ever worked has felt the pressure of work-related stress at some point. Even if you like what you do, it can be stressful at times. In the short term, you may feel pressure to meet a deadline or complete a difficult task. However, when work stress becomes chronic, it can be overwhelming and harmful to both physical and emotional health.

What is Job Stress?

A chemical, physical, or emotional factor that causes bodily or mental tension and may be a cause of disease is called as Stress.

One type of stress is job stress caused by workplace conditions that negatively impact an individual's performance and/or overall well-being of his body and mind.



Job stress is defined as the harmful physical and emotional responses that occur when the job requirements do not match the worker's capabilities, resources, or needs.

Job stress and challenges are frequently confused, but they are not the same thing. Challenge energizes us both physically and mentally. It motivates us to learn new skills and excel at our jobs. When we overcome a challenge, we feel relieved and satisfied. As a result, the challenge is an essential component of healthy and productive work.

People are perplexed by the distinction between pressure and job stress. Workplace pressure is a natural part of the job and helps to keep employees and managers motivated. Excessive or uncontrolled pressure can lead to stress, which impairs performance, costs employers money, and, most importantly, can make people sick.

What are the symptoms of Job Stress?

Although it is simple to identify the sources of stress in one's life, it is more challenging to narrow down the consequences.

Researchers have studied the relationship between job stress and physical illness in recent decades. Sleep disturbances, upset stomach, and headaches, and problems with family and friends are some symptoms of job stress. Apart from these other includes:

- Headache
- High Blood Pressure
- Depression
- Poor Job Performance
- Insomnia
- Indigestion
- Short Attention Span
- Procrastination



What are the causes of Job Stress?

Here are some of the causes of job stress:

Job Insecurity:

Concerns about job security, impending layoffs, a lack of opportunities for growth, advancement, or promotion; rapid changes for which employees are unprepared, temporary work, and fixed-term contracts all cause stress.

Workplace Culture:

Whether in a new or old company, adjusting to the workplace culture can be extremely stressful.

Management Style:

Weak or ineffective management, which leaves employees feeling disoriented, or over-management, which can leave employees feeling undervalued and negatively impact their self-esteem, both cause stress.

Technology:

There is also constant pressure to keep up with technological advancements and improvements, which forces employees to constantly learn new software.

What are the different effects of job stress on employees?

Here are the effects of job stress on employees:

- Anxiety and irritability
- Depression
- Sleep disturbances
- Headaches
- Gastrointestinal upset
- Raised blood pressure/cardiovascular disease



How to deal with work stress?

After a long day at the office, even the most composed individuals can be ready to lose their temper at any minute. Stress can significantly reduce our productivity. So, after a particularly stressful day at work, you must focus on de-stressing so that you can be productive at work the next day.

Do you need some ideas on how to de-stress? Here are some suggestions:

Choose to exercise:

Aside from being good for your overall health, exercise has also been shown to help relieve stress while increasing workplace productivity.

You can go for a walk after work to de-stress:

Practice yoga. Take a swim. Play a pick-up basketball game. You can choose any of the activities to relieve your stress. One of the best options is to join classes for the activity that you like the most.

Turn your screens off:

Are you the type of person who wakes up and checks email on their phone before going to work and staring at a screen at the beginning of the day? You are stressed out because you are overly reliant on technology.

Turn off your screens and read a book or a magazine to unwind after a long day at work.

Cook your favorite dish:

Cooking can help you relax because it allows you to express yourself creatively. If you're a good cook, put on your apron and cook your favorite meal when you get home. It will help you relax.

Treat yourself:

After a long and hectic day at the office, treat yourself to a nice meal at your favorite restaurant. You will not only feel comforted after eating a delicious meal but there will be no dishes to do as well.

Watch cartoons or funny videos/movies:

Who couldn't benefit from a good belly laugh? When your job is causing you a lot of stress, spend some time at home watching a funny movie or searching the Internet for the latest viral videos that will make you laugh. Who knows? Perhaps thinking about those videos the next day will help you relax as well.



Listen to music:

Listening to music with slower tempos helps you unwind after a long day at work.

Slower tempos are essential. Listening to faster-paced music can have the opposite effect, making you more alert and energized rather than relaxed.

Paint:

Art has been shown to help reduce stress. When you're focused on creating your masterpiece, your mind wanders away from the issues that may have bothered you during the workday.

After a particularly stressful day at work, you might consider exchanging your laptop for a set of paints and paintbrushes. You could also take out your colored pencils and draw a picture.

Final Thoughts:

Job stress or work stress is quite common nowadays. Dealing with it is crucial. Trying out different things mentioned in this article will surely help you de-stress after work. Do not suffer anymore! You can try any of the ideas and deal with the work stress easily.