



# Security Spotlight

## An Informational Guide for Securitas Clients

### Know when to seek help

Monitor your stress levels. If you find yourself feeling overwhelmed, take steps to reduce your stress levels. Following are some strategies you might try:

- Breathe deeply. It soothes frayed nerves.
- Relax your muscles, take a bath, or do some gentle stretching.
- Talk about it, with friends, colleagues, or a trained professional.
- Explore different hobbies. Do something you love or that relaxes on your time off.



### Managing work stress

Maintaining good health is an important part of effective work performance. Sleep, nutrition, hydration and exercise all play a part in a person's general health. Something that is frequently overlooked is how mental health affects physical health and impacts job performance. Mental health plays an integral role in a person's overall health journey. Managing stress levels, developing coping skills, and achieving emotional balance can all contribute to better physical health and increase job satisfaction.

Being aware of your own stress levels and taking measures to remain healthy can help you bring your best self to work. One approach to managing stress can be summarized in three steps: acknowledge the stress, maintain perspective, and know when to seek help.

### Acknowledge stress

Mental health is your overall mental, psychological and social well-being. It affects how you view yourself and your relationships, as well as your ability to manage your emotions and deal with difficulties. Good mental



Studies have linked high levels of stress to a number of physical and emotional ailments, including high blood pressure, diabetes, and depression. When you experience stress, it is important that you take the time to practice coping skills for the sake of your mental health and general well-being. Feeling stress is common and natural. It's how you manage it that makes a difference. Following these steps can help you stay effective and professional when facing stressful situations.



health balances work and leisure and can promote confidence and self-esteem which can help with coping skills and stress management. Good mental health helps you bounce back from stress and adversity. This resiliency can help you remain grounded in your personal and professional lives.

Identify your stress triggers. Stress can negatively impact health and being familiar with the physical signs of stress can make it possible for you to acknowledge and begin to manage your stress. Common signs of stress include fatigue, headaches, upset stomach, teeth grinding, and irritability.

### Maintain perspective

Work is a significant part of your day and can impact your mental and physical health. Work can add meaning and purpose to your life but can also be stressful. One day you may only have typical issues arise and another day be managing a conflict, rush project, or other intense situations. Knowing your limits and having coping strategies can help you stay grounded and maintain a professional perspective when things get stressful. Some actions that can help maintain your mental health include:

**Take Care of Yourself.** Get plenty of sleep, eat nutritious foods, stay hydrated, and get regular exercise. These are key components that create a stable base that can help improve resilience and the ability

to manage stress. Investing time in maintaining general health helps improve your sense of well-being.

**Connect with colleagues.** You share similar jobs and similar stressors. Find co-workers to talk and share your feelings with. Having a strong, supportive network can help you manage stress in all areas of your life. Some companies have employee resource groups where you might meet others who share similar concerns and values. Consider talking to your supervisor if you need guidance about a situation.

**Practice mindfulness.** Medical studies have shown that mindfulness and meditation can help relieve stress, lower blood pressure, and improve sleep, among other benefits. They indicate that practicing mindfulness builds inner strength, so that future stressors have less impact on happiness and physical well-being. A simple exercise that can be done anywhere, without the need for special equipment is to sit quietly, in a relaxed posture. Focus on your breathing and if your mind begins to wander, bring it back to the breath. You can build on that exercise by doing a body scan. Notice where you are holding stress and consciously release it.

**Get moving.** Take a walk, go for a swim, or ride your bike. Exercise raises endorphin levels which helps you feel good. These activities can also be very relaxing, especially when done with a buddy. Being active can improve your sleep and help you maintain a healthy weight.

