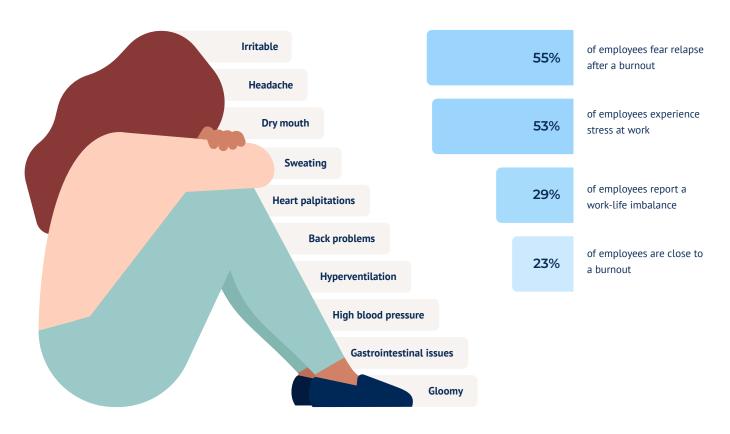
How to stay ahead of stress

Recognise the symptoms





Distractions during work tire you out and slow you down. Avoid unnecessary stress with a **quiet workplace**.

Let go of things beyond your control and focus on the things that contribute to your goals.

Talk about it with colleagues or your manager. It gives you room to breathe and helps find a solution faster.



A good night's sleep improves concentration and memory, making it easier for you to live up to expectations without stress.

Get some **exercise** after a stressful day. Exercise releases endorphins, the fastest-acting anti-stress hormone!

Try to see your work as a **challenge!** This reduces the pressure and increases performance.

