# WORKPLACE STRESS

Over time, stress can lead to mental health problems such as:
- anxiety
- depression
- back pain
- irregular sleep
- eating disorders, and
- substance abuse.

Did you know that more workers are absent from work because of stress and anxiety than because of physical illness or injury.

Working night, early morning, or rotating shifts can impact your quality sleep, which in turn can affect the level of stress.

**Before Work**     **After Work**
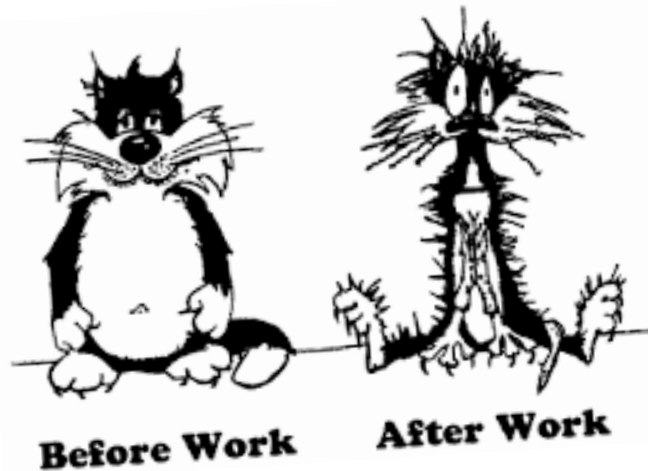
# WAYS TO GET RID OF STRESS:

STRESS FREE ZONE

✓ Create a balanced schedule
✓ Get enough sleep        ✓ Get moving
✓ Plan regular breaks        ✓ Eat well
✓ Leave earlier instead of rushing
✓ Share your thoughts and feelings

Supervisor Crew Talk

**West Fraser Mills Ltd.**