

Don't Let Workplace Stress Ruin Your Labor Day Holiday

On Labor Day's 125th Anniversary, APA Offers Strategies for Managing Work Stress WASHINGTON, Aug. 22 /PRNewswire-USNewswire/ -- In today's connected world Americans are finding it increasingly difficult to switch off from the stresses of the workplace, according to the American Psychological Association (APA). One hundred and twenty five years after the first Labor Day, the role of work in American lives has changed dramatically. This year, many Americans will work, either at their workplace or by answering e-mail, phone calls or faxes while at home or on vacation. According to a 2006 APA survey work is the number one cause of stress for Americans and almost one-third of Americans have trouble balancing their work and family lives. Originally intended as a day for relaxation and celebration of the American worker, Labor Day today is very different from the first Labor Day in 1882. Back then, a largely industrial and agricultural workforce could disconnect from work on Labor Day without the possibility of being disturbed by work-related cell phone calls, reading e-mails on-the-go or being summoned to rush back to the office. In today's 24/7 society, work frequently intrudes in to employee's personal lives during evenings, weekends, vacations and holidays. In fact, 83 percent of email users admit to checking their email daily while on vacation. Increasing work demands on employees have a significant impact on employers too -- job stress costs U.S. businesses an estimated \$300 billion per year through absenteeism, diminished productivity, employee turnover and direct medical, legal and insurance fees. "While technology has undoubtedly improved our lives in the last 125 years, constant use of technology can add to the stress levels of an already overworked nation," says Dr. Russ Newman of the American Psychological Association. "What is important is to learn how to manage your stress at work and truly balance home and workplace demands even if that means switching off your BlackBerry this Labor Day." Increased stress can push people toward using unhealthy behaviors such as smoking, comfort eating, poor diet choices, inactivity and drinking alcohol to manage their stress. APA warns that reliance on such behavior can lead to long-term, serious health problems. The APA survey found that people expressing significant concern about stress are more likely to eat fast food, avoid exercise and use drugs or alcohol as a response to their stress than use healthier methods such as exercise, good diet, meditation or psychotherapy. APA offers these strategies for managing your work-related stress: Know yourself. Be aware of your stress level and know what stresses you out. People experience stress in different ways. You may have a hard time concentrating or making decisions, feel angry, irritable or out of control, or experience headaches, muscle tension or a lack of energy. Learn your own stress signals. Recognize how you deal with stress. Do you engage in unhealthy behaviors such as smoking, drinking or eating poorly to cope with your stress? Do you lose patience with your children or spouse or coworkers when you feel overwhelmed by work pressures? Turn off and tune in. Communication technology can take you to productivity heights never imagined, but it can also allow work to creep into family time, dinner and vacations. Set rules for yourself, such as turning off your cell phone or BlackBerry when you get home, or establishing certain times when you return calls. Be sure to communicate those rules to others, so you can manage their expectations. Let technology be a tool that works for you, rather than the other way. Keep a "To-Do" list. Worried that you'll forget something important? Constantly thinking through all the things you need to get done? Clear your head and put those thoughts on paper (or in an electronic task list) by creating a list of work and personal tasks and marking those with the highest priority. Not only will you reduce the risk of forgetting something, you'll also be better able to focus on the task at hand. Take short breaks. Stay energized and productive by taking a minute or two periodically throughout the day to stand up, stretch, breathe deeply and shake off the accumulating tension. Short breaks between tasks can be particularly effective, helping you feel like you've wrapped up one thing before moving on to the next. Take a 10-15 minute break every few hours to recharge and avoid the temptation to work through lunch. The productivity you gain will more than make up for the time you spend on break. Find healthy ways to manage stress. Work to replace unhealthy coping strategies, such as eating junk food, smoking or drinking alcohol with healthy behaviors, like exercise, meditation or talking with friends and family. Keep in mind that unhealthy behaviors develop over time and can be difficult to change. Take it slow and focus on changing one behavior at a time. Some behaviors are very difficult to change and may require the help of a licensed professional such as a psychologist. Take care of yourself. Eat right, get enough sleep, drink plenty of water and engage in regular physical activity. Ensure you have a healthy mind and body through activities like yoga, taking a short walk, going to the gym or playing sports that will enhance both your physical and mental health. Take regular vacations. No matter how hectic life gets, make time for yourself -- even if it's just simple things like reading a good book, listening to your favorite album or enjoying a leisurely Sunday brunch at your favorite cafe. Ask for professional support. Accepting help from supportive friends and family can improve your ability to manage stress. Your employer may also have stress management resources available through an Employee Assistance Program (EAP), including online information, available counseling and referral to mental health professionals, if needed. If you continue to feel overwhelmed by work stress, you may want to talk to a psychologist, who can help you better manage stress and change unhealthy behaviors. To learn more about stress and mind/body health, visit <http://www.APAhelpcenter>.

The American Psychological Association (APA), in Washington, DC, is the largest scientific and professional organization representing psychology in the United States and is the world's largest association of psychologists. APA's membership includes more than 148,000 researchers, educators, clinicians, consultants and students. Through its divisions in 54 subfields of psychology and affiliations with 60 state, territorial and Canadian provincial associations, APA works to advance psychology as a science, as a profession and as a means of promoting health, education and human welfare.

Experiencing the scorching heat and the Western culture after the collision, August 4, 2007 Sino-US cooperation in the English village of Gaoqiao perfect closed primary business. The English Village, a total of more than 300 students, they spent a happy month vivid and colorful English village life. Recalling the English village life, it is encouraging to use eight characters to summarize, it is effective and brilliant. A solid and effective -- the

original English can learn English village implement small class teaching, with the freshman class adopted, the pattern of support for the students and to measure the organizational structure of the materials. Class participants around 25. Oral Teaching from the United States, Canada ...n

July 3 morning, Takahashi primary via live television at the 2006 school year, second-semester idle, and teachers and students first heard a vice president of legal officers for the Blue Xiao legal education seminars, teaching director, Mr teacher recalled of the semester teaching work and the summary tables Yang had a semester to various competitions at all levels paid sweat, and the successful harvest of the teachers and students. Then, 603 classes Tsai settings student delegates vocally more than 360 graduates to reveal their feelings : gratitude to all schools and teachers in the teaching and nurturing Thanksgiving harvest these six years of friendship and knowledge and touched on the campus ...n

The review of the busy stage, the fourth grade teacher Xiexiugong language group on the research group lesson. Her coach is 20 Schroder ripen a lesson. Xie teachers back in a few weeks before it was fully prepared, but because Chen Hong teachers to the level of field research on the course and the delays down. Thank teacher s class lucid, concise language, training solid, fully demonstrating the veteran had a presence. Group listening to the teacher after school, have praise : Ginger or the old hot! ...n

On June 14, district science teaching and research activities, explained the scientific study of life in Gaoqiao primary held. Takahashi primary school teacher coached Guyunchao movement and friction second class; The school division Gordon YANG teacher coach resistance bending second class content. District teaching and research Heshude teachers to be guided activities, the District of scientific disciplines Education Association Secretary-General Zhi Xiang Zhuang teacher in charge of the activities. OSCAR exchanges in the course of the discussion, we understand that a new course is the core concept of a comprehensive upgrade ...n

Xiaoshan District of primary school education and scientific research base Association seminar on the June 13 primary schools in Gaoqiao, the meeting s theme is : schools Elegant Campus the creation and implementation. To participate in the meeting of the nine base of primary school principals, Jiaokeshi UNESCO director of the district by the staff. The meeting also invited the gathering, president of the beautiful middle section of Wanghuanyao principals, Guanajuato Lek two principal David Guoli and the last to declare Elegant campus construction study of the subject Jingjiang two small, the party Bay with a small melon Lek two small heads (Jiaokeshi Officer). By primary Shao president of the Friendship Association of Asia Huajiaochang chaired Takahashi Dispatching primary root principals ...n

June 5 morning, Takahashi primary school students usher in a series of activities to another grand festival, the Shanghai Normal University, Professor Liu Jianfei, a famous writer of children plums culvert to school lectures, prunes culvert language teachers humor, quick thinking, and has a strong affinity, a child suddenly atom son s heart. The Cricket in Times Square to the Charolais network, from behind the north to floor under the villains, he children of the foreign literature familiar, compelling. Talks are deeply attracted to the students, he used plain language to tell students how to read children s literature, learn how to write. The interactive seminar is ...n

I-June 1 Xianghu eyes of the new 100 picture painted beautiful sketch on June 1 afternoon, I nearly 100 school students to Xianghu City Hill Square by Xianghu holiday, the what I see as a new Xianghu Wahl painted beautiful activities. Although Eglise, from the activities postponed to the afternoon session while not among drizzle, but I schools are small players - a very serious, very inputs. They want to use their own brushes painted Xianghu of the United States, expressed their home landscapes to love. Their meticulously detailed, exquisite works ...

About the Author

From www.prnewswire.com:

Provides support for individuals and families living with mental illness. Programs include, social activities, rehabilitation, education, training.

Employment Outreach for mental health consumers. The 10 Tips for Mental Health. changed to the Canadian.

The members of the Mental Health Support Network of Canada are working together to provide clear, consistent and concise tools and information.

Serves New Westminster, Port Moody, Port Coquitlam, Coquitlam, Maple Ridge, and Pitt Meadows. Provides description of services, latest.

The 52 most common mental disorders, medications, news, recovery.

We all have stressors in our lives, but learning how to deal with them when they threaten to overwhelm us will help maintain.

Offers trusted and reliable information that will help individuals, their family and friends to promote mental wellness, prevent and cope with mental.

Provides community support services, information, workshops, mental health promotion.

Source: <http://productsherbal.com>