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SUBJECT: PER-SAFETY AND HEALTH

Purpose. To provide information on stress management, submitted by Darlene Drayna, Area 2 Safety Chair.

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Stress is a major part of our lives, but it need not be detrimental to our health or relationships. Stress is defined as a condition or feeling in which a person perceives that demands exceed the personal and social resources the individual is able to mobilize. When stress occurs hormones are released by the body in an effort to preserve our body from the perceived threat, also known as the fight or flight response. We see physical response to stress as being able to run faster, fight harder and increased heart rate. These hormones also make us nervous, excitable, anxious and irritable. When stress is left uncontrolled the hormones that are released can become harmful to our bodies and our relationships. There are very many proven skills that we can use to manage stress and help us to remain calm and effective under high pressures.

There are easy steps to follow when you are in a stressful situation just remember A.B.C.:

Activating event-think about what the event is that is causing you to be stressed out.

Belief system-what you think about the situation you are in.

Consequence-emotional consequence, you can make a situation 10 times better if you change your attitude about an event.

Another helpful stress relief method is imagery. Imagery can remove you from a stressful situation and put you in a safe, restful happy place. Deep breathing also works to calm muscles and release tension.

Finally, relax use your free time enjoying non competitive hobbies. This will help balance competitive work experiences you have. Use your vacation time and get enough sleep. Without enough sleep we lose concentration and productiveness which causes more stress and more mistakes.

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State Conservationist

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