



Protect Your Heart from Job Stress

Long hours, a demanding environment and a lack of control all contribute to job strain.

People who feel this way have about a four percent greater risk of developing heart disease over a seven-year span than those in less demanding positions.

But healthy choices can ease the burden. These include exercising, not smoking, drinking in moderation, and taking time to rest and recharge. Making simple efforts to reduce stress on a regular basis can help you recover faster and get the most from your days off of work.

TO EASE JOB STRESS:

- 1 Take time for you**
Find hobbies and personal interests outside of work
- 2 Express yourself**
Spend time socializing with people you trust and enjoy, and try writing down your concerns in a journal
- 3 Take control of your personal time**
Allow yourself to say “no” to unfulfilling or stressful obligations, and don’t expect perfection from yourself or others