

WORKING WORLD

Tips To Combat Stress At Work

(NAPSA)—Anyone who has ever worked knows that stress is part of the job. Some stress helps keep us motivated and productive, but too much or poorly managed stress can negatively impact our health and efficiency.

Recent studies show that stress costs the U.S. economy more than \$300 billion a year in poor performance, absenteeism and health care. The World Health Organization estimates that stress will be the major cause of poor health in the workplace by 2020. Despite these grim statistics, there are simple things employees can do to combat stress at work. Deralee Scanlon, registered dietitian and consumer education specialist, offers tips to manage workplace stress.

- **Skip the Java:** Coffee helps many of us get started in the morning. But instead of an energy jolt, we may experience altered mood and anxiety. Instead of coffee, try a cup of green or black tea.

- **Nosh on Nuts:** Proper nutrition plays an important role in managing stress. Instead of snacking on chips or chocolate, choose nutrient-rich sunflower seeds or walnuts. These nuts contain B vitamins, which may be helpful to the body during times of stress. Walnuts also contain omega fatty acids, which may help improve mood and brain function.

- **Take a Break:** Time pressures and work demands have resulted in fewer workers taking



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time for lunch. In fact, a 2006 study on behalf of KFC found that more than half of employees eat lunch at their desk while working or take a lunch break of 30 minutes or less. This practice may lower productivity and increase stress. Instead of working through lunch, go for a short walk. Increasing midday physical activity helps release endorphins—the body's natural stress fighters.

- **Supplement:** StressEez, a fast-acting and easy-to-swallow tablet, contains scientifically supported herbs and vitamins that help reduce stress quickly and naturally. StressEez, which contains Bacopa, Valerian, Gotu Kola and B vitamins, is found in the vitamin aisles of Walgreens, Rite Aid and CVS.

For more information about natural stress relief, visit StressEez.net.