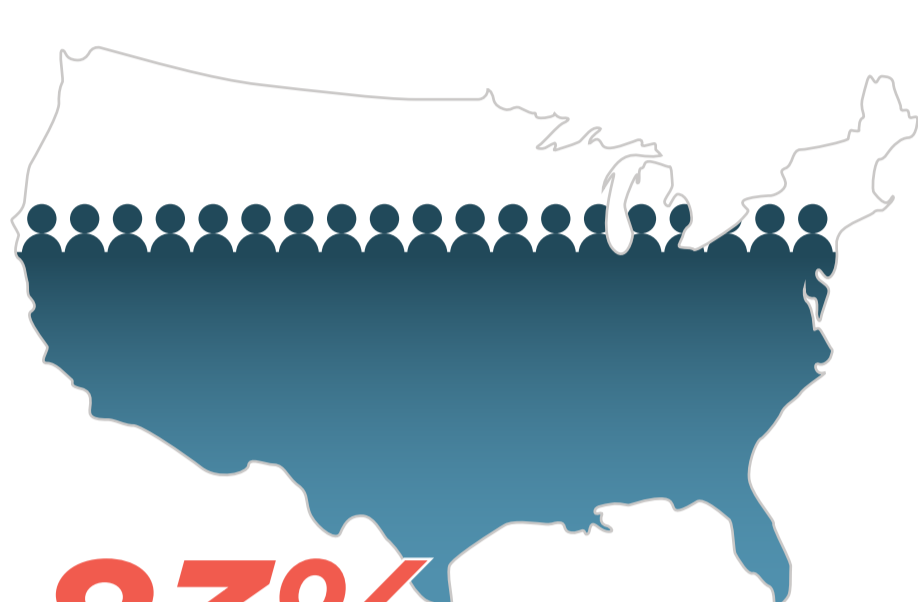


Make **STRESS** Work For You

Stress was a normal part of life for most workers and businesses before the COVID-19 pandemic. While the effects of this global stress are still being realized, it's still important for your team to understand stress and find out how to control it, and even how to make it work for you.



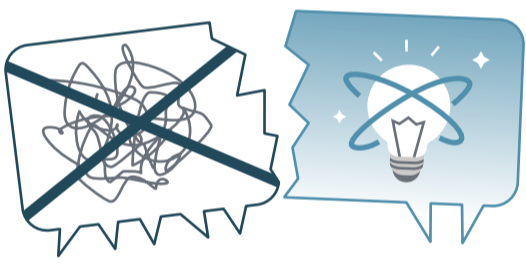
83% of US workers suffer from work-related stress.

This number is alarmingly high, but it will likely climb even higher in 2020 and beyond due to additional financial and environmental factors affecting work environments.



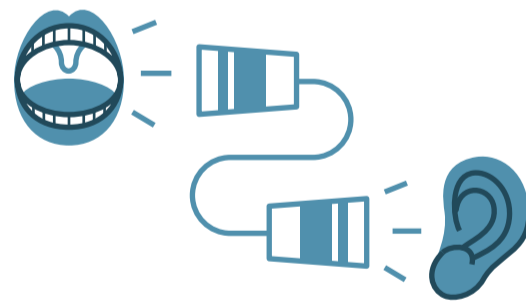
How can you shift your own experience to make stress a positive motivator, rather than a paralyzing obstacle?

Improve Communication

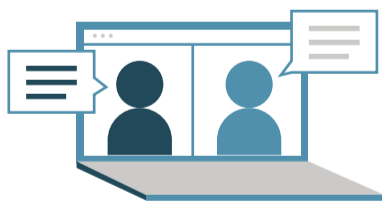


In 2019, **80%** of workers in the US were stressed as a result of ineffective company communication.

Improving communication is a fast investment in the future of your business.



Hold frequent, quick **1:1 meetings** with your team



Utilize a **chat tool** like Slack or Mattermost as a support system



Practice **active listening** in conversation and meetings



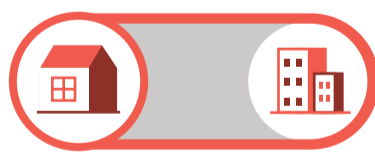
Develop Empathy



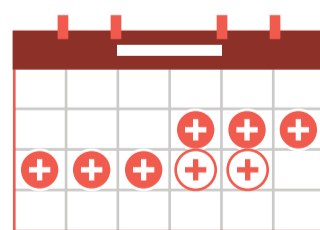
Stress & anxiety affect workers' productivity and coworker relations more than any other factor.

The way your company handles stress right now and in the near future will define its reputation for years to come. When dealing with an unprecedented crisis like a pandemic, you need to extend empathy and grace to your team.

Allow **remote working as an option** after returning to the office



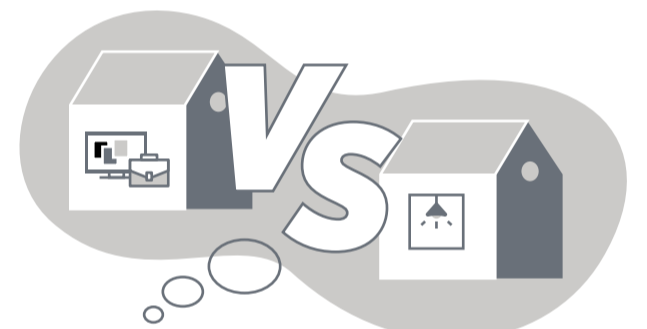
Extend sick leave and offer mental health days



Accept that **productivity might be lower** than before the pandemic



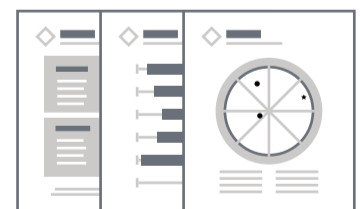
Increase Awareness



Only **43%** of US employees think their employers care about their work-life balance.

The first step to tackling stress and all the ways it impacts health is increasing your awareness of stress. Acknowledging that will go a long way with your team; honesty is key in this difficult time.

Invest in **assessments** for your team, to improve their lives and their work communication



Encourage your team to **practice mindfulness**



Research emotional intelligence and learn how to increase yours

