Help Employees Combat Stress

April is National Stress Awareness Month. This event is intended to raise awareness of the consequences of excess stress and encourage individuals to seek appropriate strategies for mitigating and coping with stress.

A wide range of ramifications could result from your employees feeling overly stressed at work. Not only can such stress negatively impact employees' overall health and well-being, but it can also lead to additional workplace issues—such as lowered productivity levels, higher absenteeism and turnover rates, and a greater likelihood of on-the-job accidents.

To help employees keep their stress levels under control, consider these best practices:

- Schedule routine check-ins with employees to discuss their stress levels.
- Encourage supervisors to monitor employees for signs of excess stress.
- Provide employees with stress relief opportunities—including regular breaks, wellness programs (e.g., mindfulness or meditation classes) and social activities.

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