

Meet Today's Webinar Team



Presenter: Gregory Williams

Gregory is a safety services representative for Texas Mutual's safety services support center. He conducts virtual, telephonic safety surveys with our small business owners to help provide guidance in their workplace safety efforts. Gregory holds an associate of applied science in occupational safety and environmental technology from Odessa College and a bachelor's degree in political science from the University of Texas of the Permian Basin.



Presenter: Ashley Mikytuck

Ashley is a technical writer for Texas Mutual's safety services department. She joined the safety services support center in early 2015 as a safety representative and is now assisting the department with written safety content. Ashley holds a bachelor's degree in urban studies from the University of Texas.



Moderator: Joshua White

Josh is a safety services representative for Texas Mutual's safety services support center. He conducts virtual, telephonic safety surveys with our small business owners to help provide guidance in their workplace safety efforts. Josh joined the safety services support center in early 2016 and has been doing his part to keep Texas safe by offering his expertise to our policyholders.

Preventing Stress at Work

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Agenda

What is
stress

Healthy
coping
strategies

Types and
causes of
stress

Stressful
workplace
behaviors

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What is stress

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What is workplace stress?





Types of stress

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Types of stress

Episodic

Acute

Chronic



Types of stress

Acute

The background of the slide is a blurred, light-colored image. It depicts two business professionals in dark suits running from left to right. They are carrying briefcases. In the center, there is a large, stylized red graphic that resembles a key or a pointer, with a circular head and a long handle. The overall scene suggests a sense of urgency and pressure, which is characteristic of acute stress.

Types of stress

Episodic

A blurred, high-angle photograph of two businesspeople in dark suits running across a light-colored floor. They are carrying briefcases and appear to be in a hurry. The background is out of focus, showing what might be a modern office or public space with some architectural elements.

Types of stress



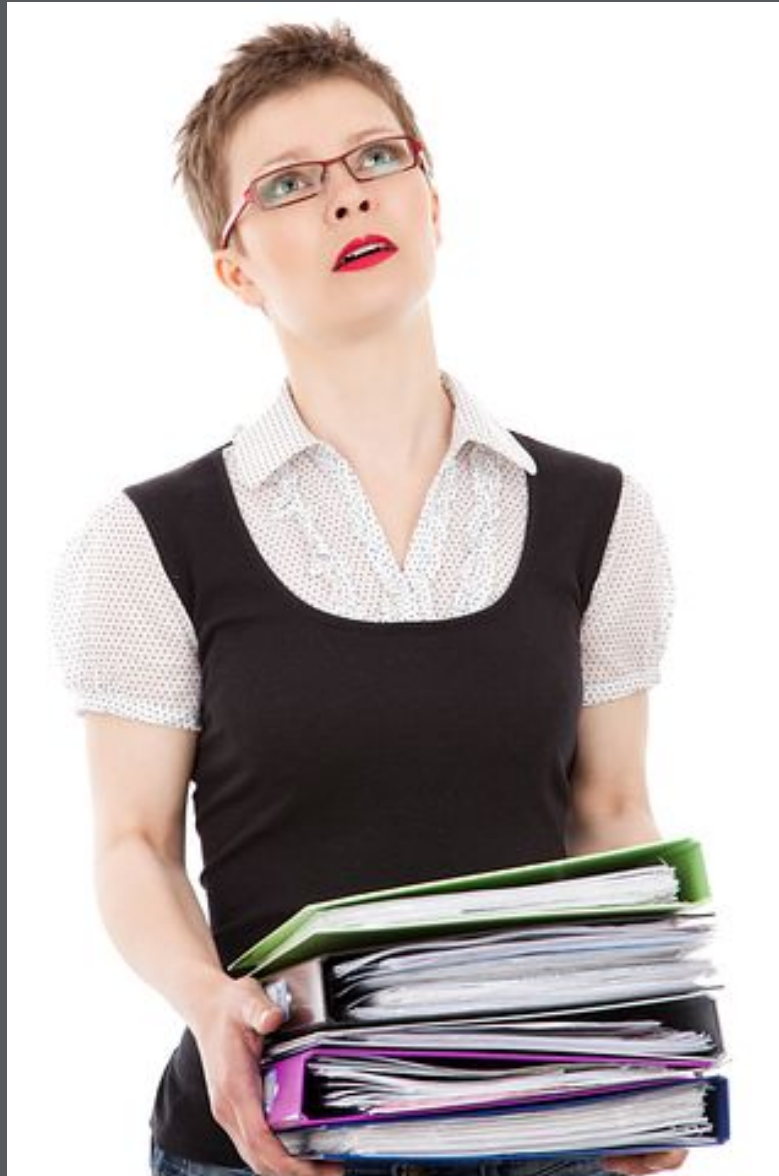
Chronic



Common causes of workplace stress

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Heavy
workload



Working
long hours



Poor
management



Dangerous
work
conditions



Lack of
support



Interpersonal relationships



Change



How does stress
affect job
performance?

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Poor time
management



Poor
decision
making



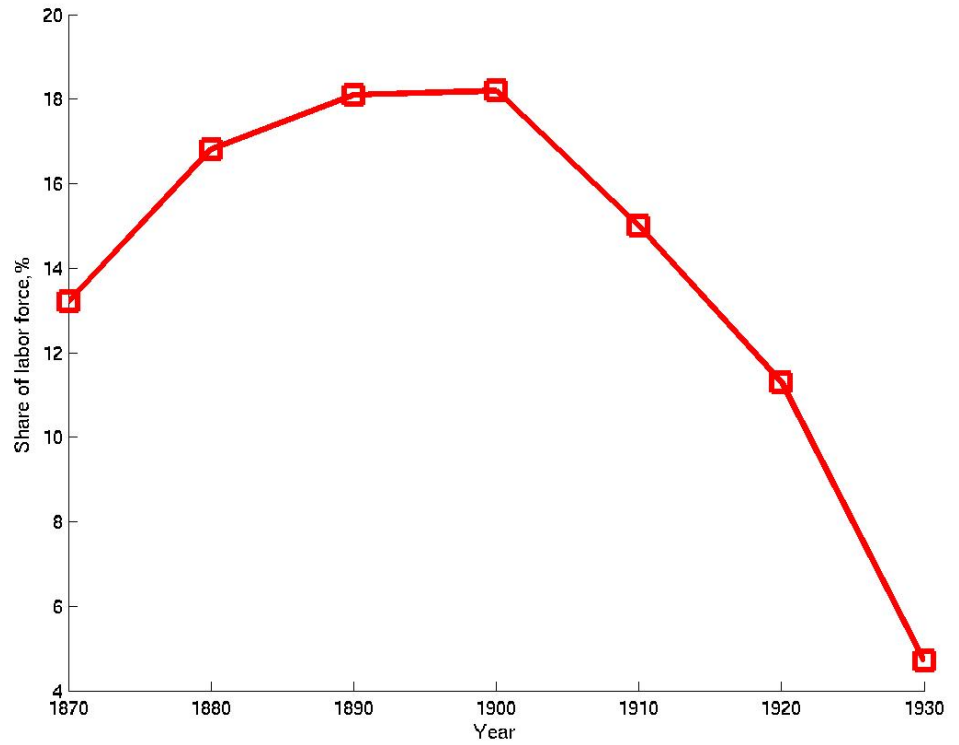
Strained relationships



Lack of focus



Decreased
productivity



Effect on
health





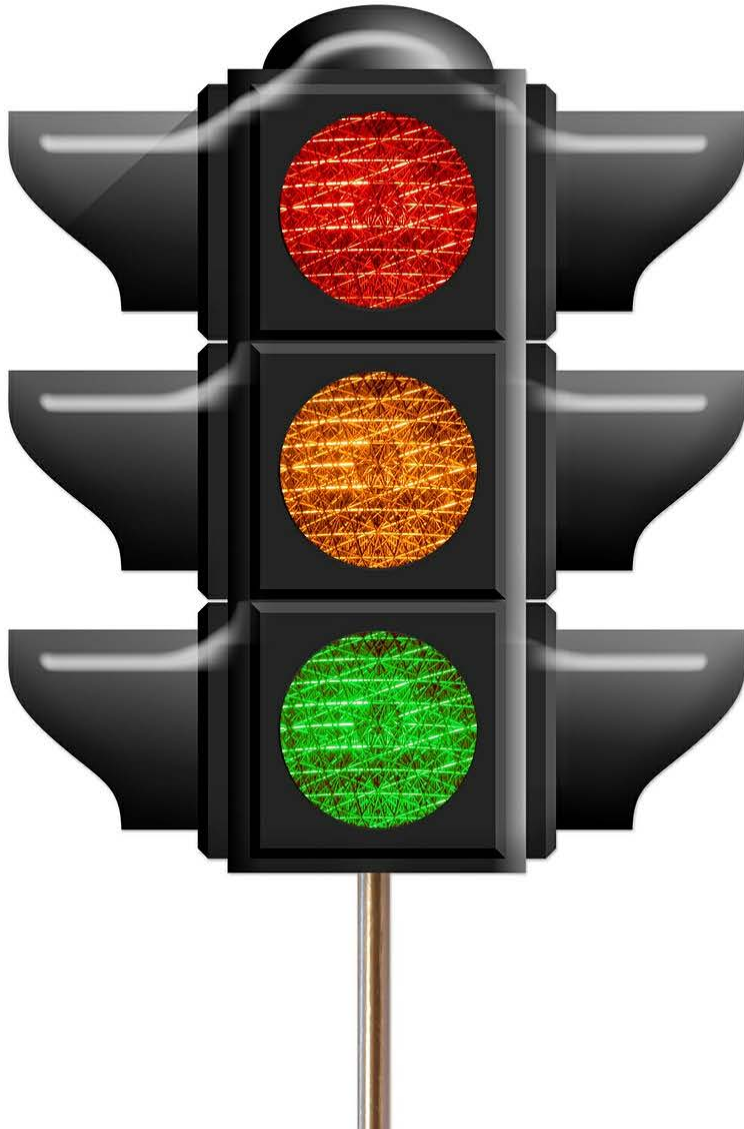
Healthy coping strategies

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Identify stress triggers



Problem

Analysis

Solution

Tackle stress triggers



Sharpen time management skills



Develop healthy responses



Establish boundaries



Communicate



Get some support



Make time for exercise



Relaxation techniques

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Mindful meditation



Autogenic relaxation



Progressive muscle relaxation



Visualization



Yoga





Employer's responsibilities

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Introduce workplace wellness



Health and
exercise

Provide spaces to relax



Reduce
workplace
stress and
burnout

Allow flex time



Set expectations



Realistic goals
and expectations

PTO policy



Encourage use
of PTO

Summary

Definition of
stress

How to
cope

Types and
causes of
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Thank You

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