

Control Stress at Work

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We all feel some stress each day, but too much stress can harm the body physically, and actually make your body work harder than it needs to, which increases work damage to the body.

Stress can also lower your resistance to diseases. Stress increases blood pressure, in turn increasing our risk of heart disease and stress increases the production of stomach acid, in turn increasing our risk of ulcers. Many diseases are caused or aggravated by stress. Stress also has a negative effect on your body's ability to tolerate work because stress reduces muscle strength, flexibility, and increases fatigue that can also set you up for injuries. Stress increases nerve activity causing muscle tension. This type of tension burns up your energy and tightens muscles that increase your muscle work demands while reducing your body's work tolerance.

This stress could be emotional pressures at work, or just muscle tension that builds up as you are working hard. Following this simple relaxation technique can reduce stress.

Sit in a chair, cross your arms over your chest, clench your fists then close your eyes, shrug your shoulders up, and inhale deeply. Hold for 3 seconds, then exhale completely while you relax your shoulders and lower your hands to your lap slowly, then open your eyes.

That is all it takes to shut off muscle tension. Do this often at work and you will notice much less fatigue and more energy at the end of your workday.