



## **De-Stressing Your Service Department**

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### **Short Description of the Presentation:**

Stress is part of everyday life. However, when stress becomes chronic it can affect our health, our job, personal relationships, others within our workplace and even the overall productivity of the company we work for. This presentation will help us identify stress and will cover lots of ways to de-stress the workplace leading to happier, and more productive, lives.

#### **What Is Stress?**

#### **What Happens When You Are Stressed?**

#### **How Constant Stress Affects Our Physical Body**

#### **Cost of Stress to Your Business**

- Soft Costs
- Hard Costs

#### **Learning to Recognize Stress**

- Symptoms of chronic stress

#### **Stress Test You Can Take Yourself (on the presentation)**

#### **What Is Causing Stress**

#### **Websites Where You Can Take “Live Event Tests”**

#### **How to De-Stress Our Own Company**

- Lighting colors
- Encourage exercise
- Ergonomically proper equipment
- Noise levels
- Be sure employees have the tools they need to do the job
- Give employees latitude
- Mediate employees concerns

#### **Lead By Example**

#### **Resources To Check Out On Stress**