

Stress less for success

Set career and personal goals that have meaning for you and that can be achieved.

- Do your best.
- Accept that you don't have to be perfect.
- When something is bothering you, speak up. Do so with tact, clarity, and respect.
- If you feel overwhelmed with your workload, discuss solutions with your supervisor.

Separate work from your home and personal life.
Make time for leisure activities you enjoy.

Yes 

Focus on what you can accomplish.

At work, take 5-minute walk breaks.

No 

Don't fret about things that are out of your control.

Don't skip lunch.

