Stress can undermine a worker’s health and decrease productivity. Take action to manage stress in the workplace.

**Employers**

Help your employees manage stress by:

- Supporting flexible work schedules to reduce work/life conflict.
- Encouraging frequent breaks for exercise.

**Workers**

Keep yourself healthy to improve your ability to cope with life’s stressors:

- Exercise.
- Eat healthy.
- Spend time with friends or family.