



Partners Employee Assistance Program Work&Life Resources

Techniques to Cope with Uncertainty and Stress in the Workplace

The announcement of an impending strike/work stoppage can create stress for all employees. It is common to experience a variety of emotions such as anxiety, anger, fear, confusion and concern for self and co-workers. Identifying coping techniques is helpful when facing this stress. Here are reminders to help manage the disruptions a strike/work stoppage can cause in your work life.

- 1. Maintain your daily routine.** Routines can be calming and reassuring.
- 2. Take care of yourself.** Exercise, eat healthy food, get a good night's sleep, and remember to do pleasant activities that give you a break.
- 3. Remember to relax.** Try using deep breathing, meditation or other relaxation techniques that work for you. Seek sources of strength and renewal such as nature, prayer, yoga and meditation. Check out the EAP website for more information: [Managing Stress and Building Resilience](#)
- 4. Talk with friends and family.** Don't isolate! It is especially important to seek support during times of uncertainty.
- 5. Attitude is everything.** Change what you can and accept what you can't.
- 6. Use your time management skills.** Make lists prioritizing important tasks. Cross off items on your list as you complete them.
- 7. Communicate effectively.** Express yourself clearly and clarify what others are communicating to you. Keep up-to-date with hospital communications.
- 8. Break large jobs into smaller tasks.** Doing this may help to keep perspective on what seems like an overwhelming job. Set deadlines on the smaller tasks.
- 9. Get accurate information.** Ask questions that help separate fact from rumor.
- 10. Recognize when you need help.** If emotions seem overwhelming and too intense, if you have trouble focusing at work, or if you feel anxious much of the time then consider getting assistance. **The Employee Assistance Program (EAP) is available to you as a free and confidential resource. If you want to talk, have questions, want information or consultation now or in the future... call 617-732-6017 for assistance.**