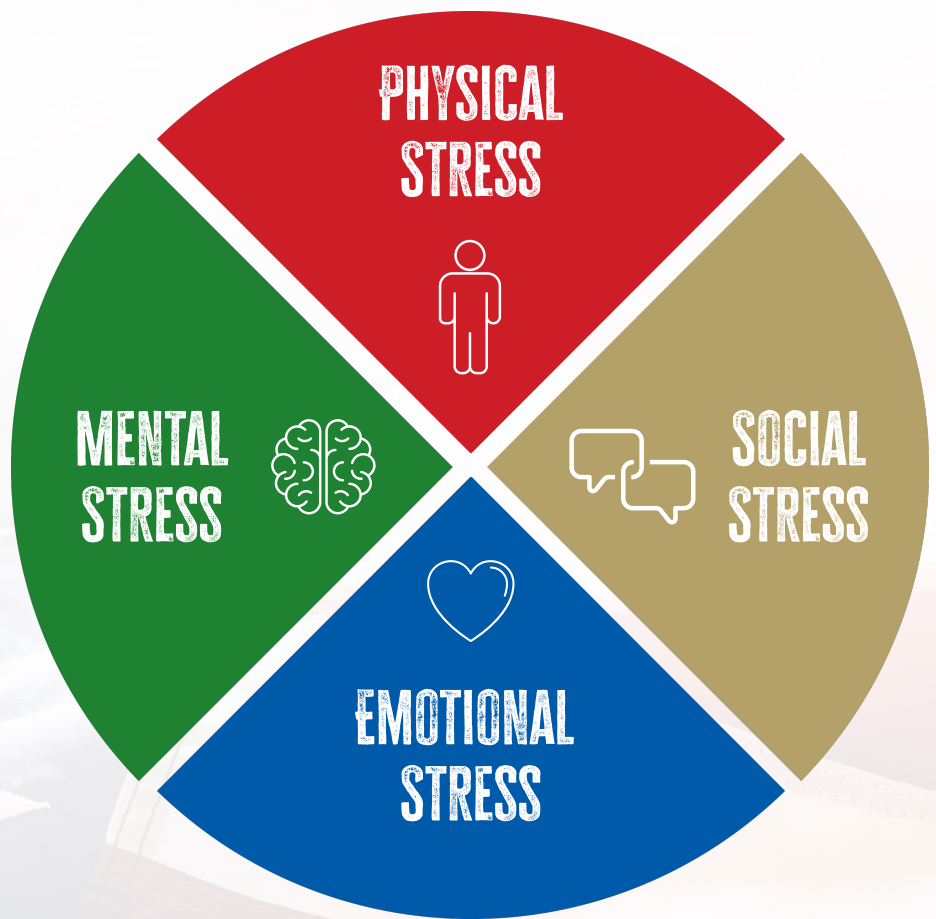


STAY SHIFT READY, PIECE BY PIECE

Staying healthy, focused, and effective on the job means tackling stress on all four fronts. Follow these tips to manage your stress before it manages you.



PHYSICAL STRESS TIPS

- **Stay Hydrated:** Drink plenty of water and remember electrolytes.
- **Sleep:** Aim for 7 - 9 hours of shuteye every night. Shift work or rotating schedules can affect circadian rhythms, so create anchoring sleep/wake routines.
- **Prioritize Fitness:** Whether it is a full body workout or a ten-minute walk around the neighborhood after work. Choose an activity you enjoy.
- **Eat Nourishing Foods:** Replenish stress-depleted nutrients like magnesium, B-complex, vitamin C, zinc, and adrenal-supporting adaptogens to restore energy, immunity, and hormone balance.

MENTAL STRESS TIPS

- **Set Realistic Goals:** Decide what you want to complete and break it into smaller steps.
- **Practice Grounding:** Slow down and bring your awareness to the present moment. Focus on the things you can see, feel, hear, and smell all around you.
- **Get a Hobby:** Whether it's cooking, camping, or joining a cover band, make the time to enjoy it.
- **Disconnect:** If your mind stays "on" after a shift, try a wind-down process like music, a warm shower, or 10 minutes alone on the porch.

EMOTIONAL STRESS TIPS

- **Let it Out:** Take time to write down or talk about recent events, your thoughts, and how you are feeling. Things get bottled up — eventually they will blow.
- **Stay Connected:** Maintain healthy relationships with those you trust outside of work.
- **Be Honest:** When you're struggling, say it.
- **Laugh!** Find ways to have fun when you're not on the job.

SOCIAL STRESS TIPS

- **Be a Good Listener:** Show interest in the lives of those around you.
- **Build Your Crew:** Maintain a good support system of people you trust.
- **Have a Life Outside of Work:** Make plans with friends —even something simple like a meal or a walk.
- **Ask for Help:** Talking with someone who understands the job can make a huge difference.

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