



Managing Stress

In partnership with



COVID-19 has affected the construction industry in many ways. A stressed and anxious workforce is a top concern of many. Stress is often triggered by events that make us feel nervous or frustrated. Anxiety is often a reaction to stress.

To effectively cope with stress, deconstruct it. Divide and conquer it letter by letter.

You never need to manage stress, anxiety, or depression alone. Contact a family member, friend, supervisor, clergy, or a doctor for additional assistance.

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Stop. Take deep breaths and take note of how you feel.

Take breaks from COVID-19 related news and conversations.

Reach out to friends, co-workers and family.

Exercise regularly.

Sleep to rest your body and mind.

Seek help if you're feeling unsafe, overwhelmed, or out of control.

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