

# Managing Stress

In partnership with:



The labor shortage, inflation, and supply chain challenges have 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.

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**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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## About WTW

At WTW (NASDAQ: WTW), we provide data-driven, insight-led solutions in the areas of people, risk and capital. Leveraging the global view and local expertise of our colleagues serving 140 countries and markets, we help you sharpen your strategy, enhance organizational resilience, motivate your workforce and maximize performance. Working shoulder to shoulder with you, we uncover opportunities for sustainable success — and provide perspective that moves you. Learn more at [wtwco.com](https://www.wtwco.com).



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**S**top. Take deep breaths and take note of how you feel.

**T**ake breaks from industry, economic and geopolitical related news and conversations.

**R**each out to friends, co-workers and family.

**E**xercise regularly.

**S**leep to rest your body and mind.

**S**eek help if you're feeling unsafe, overwhelmed, or out of control.

**wtw | Willis**