

I feel tired all the time; I have troubles with getting out of bed in the morning. It happens quite often that I can't focus on my tasks. I'm not interested in what I'm doing. Daily tasks are on my mind even at bedtime; I have difficulties falling asleep and I usually wake with a start at night. I have frequent headaches and muscular spasms. I have stomach problems as well. It happens several times that I drink alcohol just to deal with excessive pressure.

*This is not the life I want to live.*

## What should I do?

### Pay attention to yourself!

- Try to sleep enough
- Eat healthy and regularly
- Find time for regular exercise
- Drink alcohol in moderation
- Leave your work at your workplace, don't think about it in your free time
- Learn some relaxation techniques
- Pay attention to your health

### Change your daily routine!

- Try to avoid excessive stress
- Focus on positive things to regain vigor and enthusiasm
- Find motivating challenges
- Establish an effective time schedule to deal with your tasks
- Write down your tasks and rank them efficiently
- Take breaks during work
- Be aware of your limits and don't be too strict to yourself, nobody is perfect
- If possible, pass on your tasks and share your work with your colleagues
- Don't procrastinate your tasks

### Talk about it

- Cooperate with your employer in dealing with difficulties
- Talk about your problems
- Try to resolve conflicts
- If something can't be changed, admit it
- Pay attention to feedback from others
- A little humor is sometimes enough to cheer us up

**STOP STRESS!**  
**Be happy and healthy.**