

# PREVENT WORK STRESS

10 STEPS TO SUCCESS



**FREE EXCERPT**

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## Copyright Page

Library of Congress Cataloging-in-Publication Data Williams, Vernon L.

**Prevent Work Stress: 10 Steps to Success - ISBN 0-9777338-7-8**

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## **DEFINITION OF STRESS**

A state of mental or emotional tension caused by one's thoughts about a circumstance, not the circumstance itself.

## **OBJECTIVE**

To teach you how to prevent stress by applying 10 proven steps to a circumstance that you are experiencing as stressful.

# MYTH OR TRUTH

## 1. STRESS IS A NORMAL PART OF BEING AN EMPLOYEE. ALL EMPLOYEES ARE STRESSED.

This is a myth.

According to the Occupational Safety and Health Administration, 84% of employees are stressed. That percentage would be 100 if stress were inevitable and all employees experience it.

## 2. CIRCUMSTANCES CAUSE EMPLOYEE STRESS.

This is a myth.

If it were true, all employees who experienced the same circumstance would be stressed.

I will introduce you to two nurses who experienced the same circumstance: the nurse manager asked both nurses to leave their regular unit and work their shift in a different unit.

Nurse #1 was stressed. Nurse #2 was not stressed.

How is this possible, since both nurses experienced the same circumstance, being asked to leave their regular unit and work their shift in a different unit?

Nurse #1 thought: It is unfair and unrealistic to expect me to function in an unfamiliar unit.

Nurse #2 thought: This is an opportunity to interact with a different nursing team, make new friends, and even learn some new skills.

So, the circumstance did not cause Nurse #1's stress. Instead, what she thought about the circumstance caused her stress. This illustrates that there is only one cause of stress - one's thoughts about circumstances, not the circumstances themselves.

*Be careful what you think because your thoughts control your life.* - Proverbs 4:23 (GNT) Notice that the verse does not say circumstances control your life. The logical conclusion is that our thoughts, not our circumstances, create our stress.

Stress doesn't come from what's going on in your life. It comes from your thoughts about what's going on in your life. - Andrew Bernstein

### **3. THE BEST WAY FOR EMPLOYEES TO DEAL WITH STRESS IS TO MANAGE IT.**

This is a myth.

When stressed, employees may attempt to “manage” it through various methods:

#### **a. Band-Aid method. (BAM)**

This method may include smoking, using alcohol or illegal drugs, watching pornography, or having an extramarital affair. It may provide short-term relief of emotional pain.

However, it may cause long-term problems.

#### **b. Stress Management Method. (SMM)**

This method may include exercising, listening to music, spending time in nature, cuddling with a pet, watching a funny movie, and going on vacation. It may provide temporary relief. However, it may lead to additional stress due to trying to fit these activities into an already jam-packed schedule.

Both the BAM and the SMM methods fail because they address the **symptoms** of stress, rather than the underlying **cause** of stress.

**On the other hand, my method, the Stress Prevention Method (SPM), succeeds because it addresses the underlying cause of stress, your thoughts.**

Follow the steps of the stress prevention worksheet to see how my Stress Prevention Method (SPM) works.

**DISCOVER 10 PROVEN STEPS  
GUARANTEED TO EMPOWER  
YOU TO PREVENT STRESS**

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