



MCA
DETROIT

• HEALTH AND SAFETY DIVISION •

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Stress Management - Personal

1. Exercise Regularly

- Physical activity is one of the most effective ways to manage stress. Whether it's yoga, running, swimming, or dancing, regular exercise releases endorphins, which can improve your mood and reduce stress.
- Even short bursts of exercise, like taking the stairs or doing a 10-minute workout, can significantly reduce stress levels.

2. Maintain a Healthy Lifestyle

- Eat a balanced diet rich in fruits, vegetables, whole grains, and protein to fuel your body and mind. Avoid relying on caffeine, alcohol, or junk food, as they can increase stress over time.
- Ensure you're getting enough sleep, as lack of rest can exacerbate stress and affect your ability to cope with challenges.

3. Practice Relaxation Techniques

- Engage in relaxation practices such as meditation, deep breathing, progressive muscle relaxation, or mindfulness to calm your mind and body.
- Apps like Headspace or Calm can guide you through meditation exercises to help alleviate stress.

4. Stay Connected with Loved Ones

- Social support is vital for stress management. Talk to family members or friends about your stressors, and make time for enjoyable, relaxing activities with them.
- Build a network of people you can rely on for emotional support and to engage in stress-relieving activities like hobbies, dinners, or walks.

5. Engage in Hobbies and Interests

- Make time for activities that bring you joy and allow you to unwind. Whether it's reading, gardening, painting, or playing an instrument, engaging in hobbies offers a mental break from daily stresses.
- Pursue activities that are completely unrelated to work to prevent burnout and encourage personal growth.

6. Set Realistic Goals and Expectations

- Set achievable goals and break larger tasks into manageable steps. Avoid perfectionism by acknowledging that not everything needs to be perfect, and it's okay to make mistakes.

• Unity through **trust**, leadership through **service**, strength through **bonds**. •

- Celebrate small successes along the way to help build confidence and reduce feelings of overwhelm.

7. Learn to Let Go

- Recognize when it's time to let go of things you cannot control. Practice acceptance and focus on what you can change rather than dwelling on things outside of your influence.
- Practice forgiveness, both for yourself and others, to release emotional tension and cultivate peace of mind.

8. Seek Professional Help

- If stress is becoming overwhelming or persistent, don't hesitate to seek help from a mental health professional. Therapy or counseling can provide valuable tools to manage stress and address underlying causes.
- Consider seeing a counselor or coach to help you develop healthier coping mechanisms and build emotional resilience.