**Video Title:** How to Deal with Stress at Work

**Video URL:** [**https://www.youtube.com/watch?v=GYx0DZKth-8**](https://www.youtube.com/watch?v=GYx0DZKth-8)

**Run Time/Source:** 4:22, Noah Elkrief/YouTube

**Close Caption Available:** Yes

The subject of work stress, including its management, is described in pages 336-343 of the textbook. According to the video, approximately 50 percent of workers experience job stress. Stress on the job stems from many sources including being overwhelmed with work, not being able to make deadlines, and a difficult boss. Stress in the workplace cannot be avoided. Among the many negative stress symptoms are increased blood pressure and an increased risk of diabetes.

The stress-management strategy recommended in the video is to react to stress by removing the stressor, changing the situation, or accepting the situation. For each approach, you are urged to develop five action plans. Developing five actions plans for the approach, such as five steps you can take to change your job so it is less stressful. With concreate plans for dealing with stress you will be able to convert stress into opportunities.

*Questions for Thought and Discussion*

1. Now that you have watched this four-minute video, does it appear that you will lead a life in which all your work stress will be effectively managed?

2. A substantial part of the adult population has high blood pressure. So why should you worry if your job is raising your blood pressure?

3. Why is it that just the fact of developing an action plan for removing, accepting, or changing the situation will help relieve workplace stress?

4. Where would a person find action plans to remove, accept, or change a situation?

5. How would you know when you are experiencing the right amount of work stress?