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Stress Management

70% of construction workers report feeling stressed at work ([Cambridge 2024](#)).

Some of the stressors in construction include ([NIH, 2023](#), [CSRA Mental Health](#)):

- Financial demands
- High workload
- Long work hours
- Tight deadlines
- Age
- Inadequate safety equipment
- Poor safety culture
- Lack of control
- Physical pain
- Low social support from supervisors
- No/low organizational justice
- Lack of reward
- Poor coping strategies

In life, some stress is good (similar to how exercise can stress the body but produce good results). However, excessive or unnecessary stress can distract employees and put both their physical and mental health at greater risk.

Having some strategies to cope with stress are essential.

AGC Toolbox Talk

BUILT TO LAST

Key Takeaways

- Everyone feels stress.
- Remember, you can only control what you are able to, and how you react.
- Be vulnerable and willing to share how you are feeling.
- Recognize the different stressors that are present.
- Do not ignore stress. Left unchecked, it can build up and cause burnout and other health consequences.



Three Good Things:

Write down three good things that happened each day. Commit to this for 30 days and do not repeat yourself.

The Free Three

1. Get out in nature for 15 minutes a day.
2. Listen to music (pick a song you love).
3. Laugh: Find something that gives you a big belly laugh (e.g., a funny video, a comedy skit).

Breathing Exercises:

Take 10 deep breaths. It only takes about 90 seconds and can help your body release stress.

SIGNATURES