

# Tips for Handling Work Stress

We all realize that some stress in our work is normal, but excessive stress can cause physical and emotional problems; which ultimately can interfere with our quality of life at work and outside of work. We can't control all the factors in our work, but we can handle them rationally. The following are some tips that can help us to control and condition ourselves to cope with stress:

**Attitude assessment or adjustment-** Work at adjusting your attitude to handle different scenarios at work. Reassess what you can control and try to not worry about what you have no control over.

**Think about something else-** Work at putting those negative thoughts in the back of your brain and concentrate on the positives that will help you make your day more enjoyable and more compatible with your fellow workers.

**Count to 10-** This is a method that will relieve stress. Once you have counted to 10 you will feel differently - your mind has changed to another avenue of thinking.

**Press on your temples-** This, in medical terms, is referred to as acupressure. Apply pressure to the points on your temples and extend to the frontal lobe and back lobe on your head, which will relieve pain and stress. Massaging the nerves in your temples relaxes muscles elsewhere, especially in your neck.

**Relax your jaw-** Drop your jaw and roll it left to right. People under pressure have a tendency to clench or grit their teeth. Dropping the jaw and rolling it helps to relax those muscles. If you relax those muscles, it tends to reduce the sense of tension.

**Practice deep breathing-** Take several deep breaths or "belly breathing" as some people refer to it. Dr. Bradley W. Frederick, Director of the International Institute of Sports Medicine in Los Angeles states that the belly breathing idea is to "act calm - be calm." When you're experiencing stress, your pulse races and you start breathing very quickly. Force yourself to breathe slowly. Convince your body that the stress is gone, whether it is or isn't. The correct way to breathe - Abdominally - feeling the stomach expand as you inhale and collapse as you exhale.

**Think positive-** This is a little more complicated, working to be positive minded and to think positive. Work at the positives and work at discounting the negatives.

**Use affirmations-** Work at concentrating on positive thoughts and affirm them in your mind - stamping out the negatives.

Incident Free

Days:

325

## Open positions

If you are interested in being considered for City Patrol , Supervisor, or an out of town position please contact Human Resources. As these positions become available HR will contact you with requirements and go over the interview process.

When in doubt  
check it out

# Happy Birthday

Alana Cabacungan  
 Jeff Chandler  
 Roy Collier  
 Amelia Coronado  
 Gilbert Cota  
 Harley Davidson  
 Eugene Davidson  
 Amber De La Rosa  
 Lourdes De Lugo  
 Cherish Dye  
 Roland Gandy  
 Sebastian Garza  
 Kristina Gonzalez  
 Maribel Gonzalez  
 Dora Maldonado  
 Michael Heider  
 Yesenia Jimenez  
 Maria Juarez  
 Kristian Larios  
 Richard Mendez  
 Irene Moreno  
 Angelina Neri  
 Joshua Pattee  
 Alixandria Perrill  
 Jose Ramirez  
 Adrian Renteria  
 Jose Salas  
 Robert Sutton  
 Ian Wilson  
 Ritchey Wolaver  
 Francisca Yanez

# Employees of the Month!

## Trans-West Security Employee's of the Month is:

### Tony Pena

Congratulations Tony on being employee of the security month! Toney is part of our dispatch team. He is a team player who is hard working and always willing to help fellow team members. He is very consistent with his work and writes very detailed reports. Please join us in thanking Tony for everything he does.

# Great Job

## Trans-West Services Employee of the Month is:

### Maria Romero

We would like to recognize Maria as employee of the month for services. Maria is part of our service team at First Assembly of God. She is a very hard worker and quick learner. Maria enjoys helping other team members and always has a positive attitude. She get along great with everyone she meets. Please join us in congratulating Maria and thanking her for doing a wonderful job!

# Happy Anniversary

<u>1 Year</u>	<u>3 Years</u>
Adrian Arias	Bryan Bailey
Richard Arroyo	Edward Navarro
Jesus Castellanos	Carl Wilcox
Christina Gonzalez	Urika Williams-Lyons
Shyanne Hinojosa	<u>4 Years</u>
Cristal Martinez	Stacy Smith
Juliana Nevarez	<u>5 Years</u>
Miriam Ruan	Coby McClintock
Salvador Solis	<u>6 Years</u>
Kevin Taylor	Connie Gody
<u>2 years</u>	<u>10 Years</u>
Martin Alvarez	Christian Dominguez
Daniel Cieslewicz	<u>13 Years</u>
Roney Foster	Francisco Cota
Blaine Hodge	<u>14 Years</u>
Jimmie Johnson	Bruce Ingle
Stacy Kanady	<u>16 Years</u>
Domingo Tamela	Catherine Gabriel
Ian Wilson	

# WELCOME

Simplicia Gonzalez
Amelia Ornelas
Tyrell Mcguire
Merissa Savendra
Victor Sierra