



# How would YOU handle it?

## Day 4

## Stress

The deadline for the submission of Employer Payroll Statements is looming and inquiries are on the rise..... Several employees are on leave and you have to cover while they are off..... Your toddler and spouse are home with the flu....The deadline for your report is the end of the week and you have yet to start writing..... Your teenager made the playoffs and now has to practice every night this week...this week you had to deliver a negative message to one of your clients....

These are just a few of the situations you may find yourself in. How would you handle it?

- Track your stressors
- Develop healthy responses
- Establish boundaries
- Take time to recharge – Go for a walk, swim, bike ride
- Meditate
- Talk to your supervisor
- Get some support
- Car pool for kids sports activities