

ERGONOMIC STRATEGIES–STRESS MANAGEMENT



What can Stress do to my Body?

- Stress causes physical ailments such as headache, high blood pressure, insomnia, fatigue, or skin disorders as well as psychological problems such as depression, anger, anxiety, resentment, and cynicism.
- Stress can extend injury recovery time and interfere with pain management.
- Chronic neuromuscular tension in conjunction with stress can lead to improper postural positions that easily become habitual.

How can I Alleviate Stress?

- Perform static stretches at your workstation in order to decrease muscular tension and allow for a brief period of relaxation.
 - After stretching, recline in your chair, close your eyes, and completely “let go” in order to allow for the natural reorganization of muscular tension, facilitating better posture.
- Meditation is a mind and body strategy used to alleviate stress that can decrease blood pressure and increase the ability to sleep for longer periods of time.
- Guided imagery is a healthy and effective method of coping with stress that involves imagining an image that is pleasing to the eye in order to decrease stress and anxiety and cause a sensation of peace and relaxation.
 - Decreases blood pressure and heart and respiratory rate.
 - Increases a sense of self-control and reduces irritability.
- Other methods of alleviating stress include:
 - Deep breathing exercises
 - Prayer and spirituality
 - Aromatherapy
 - Massage
 - Therapeutic Touch
 - Acupuncture

QUESTIONS? Contact Rachel Neuman: raneuman@bu.edu or Karen Jacobs: kjacobs@bu.edu

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