

Stress Management For Drivers

PRESENTATION SUMMARY

This summary does not purport to provide all information on this subject or from the 2012 CRASIF/MCRCSIP Workshops. We encourage members to contact MCRCSIP Loss Control so this entire presentation, as well as all talking points can be communicated with your employees.

- **What is Stress?** *Stress is your body's way of responding to any kind of demand. It can be caused by both good and bad experiences. When people feel stressed by something going on around them, their bodies react by releasing chemicals into the blood. These chemicals give people more energy and strength, which can be a good thing if their stress is caused by physical danger. But this can also be a bad thing, if their stress is in response to something emotional and there is no outlet for this extra energy and strength. This class will discuss different causes of stress, how stress affects you, the difference between 'good' or 'positive' stress and 'bad' or 'negative' stress, and some common facts about how stress affects people today.*
- **Symptoms and Categories of Stress:**
 - Physical – Sweating, Diarrhea, Headaches, Body Aches, Racing Heart Beat, Hives
 - Emotional – Mad Moods, Guilt, Tiredness, Loneliness, Tension, Cannot Focus
- **Stress Is Not All Bad** – It can also motivate
- **Chronic Disease Caused by Stress**
 - Cancer
 - High Blood Pressure
 - Heart Disease
 - Depression
- **Stress At Home**
 - Financial Difficulties
 - Gambling
 - Family (Spouse, Children)
 - Health (yours or someone else)
 - Other
- **Stress At Work**
 - Recent Events impacting your organizations stability in the marketplace.

- Co-workers
- Contact with the Public
- Weather (Storms)
- More Work and Longer Hours
- **Others Stress Factors Related Road Commission Work**
 - Aggressive Driving
 - Traffic In General
 - Old Equipment
 - New Equipment
- **Responses To Stress**
 - Violence
 - Profanity
 - Avoiding/Ignoring The Problem
 - Unproductive Behavior
 - Learn to Adapt
- **Ways to Deal with Stress**
 - Get Right With Your Higher Power
 - Change Your Attitude
 - More Sleep
 - Eat Healthier
 - Drink Water
 - Exercise
 - Call Someone
 - Hug Those You Love
 - Break your mind away from causes
 - Get Back To Nature
 - Get a Pet (i.e. Dog)
 - Don't Give In To Your Frustrations
 - Recognize Anger Issues
 - Understand the Benefits of EAP and Healthcare Benefits

- **Improvements While At Work**

- Get Organized
- Equipment Inspections
- Organized In The Cab
- PPE
- Bring Drinking Water
- Signs and Traffic Control
- Tools and Equipment
- Manage Your Time Wisely
- Work As A Team
- Show Dignity and Respect
- Have Some Fun
- **When Driving An Automobile, Commercial or Off Road Vehicle**
 - Remember there is nothing you can do about the driving habits of others
 - Let Those Wanting To Go Faster – Pass You
 - Safe Following Distance
 - Signal Your Intentions (Turning, etc)
 - Take Great Care How You Work In/Near The Roadway (i.e. Direction of Travel)

IN SUMMARY

1. Relax and Count To Ten When Stressed
2. Breathing Exercises Reducing Blood Pressure and Causes Relaxed Feelings
3. Listen To Music and Other Relaxing Tapes
4. Use Yoga, Massage, Acupressure, Progressive Muscle Relaxation
5. Visualize A Positive Outcome