

## **COPING WITH JOB TENSION**

### **THE FIVE BEST**

1. Build good resistance by regular sleep, exercise and good health habits.
2. Compartmentalize work and normal life.
3. Engage in physical exercise.
4. Talk through with peers on job.
5. Withdraw physically from the situation.

### **THE FIVE WORST**

1. Change to a different work activity.
2. Change strategy of attack on work.
3. Work harder.
4. Talk through with spouse.
5. Change to a non-work activity.