



Stress Management

Professional drivers deal with stress every day. The current Coronavirus pandemic, traffic, bad weather, schedules and enforcement are all stressors. Too much stress can cause health conditions, such as high blood pressure & ulcers; not to mention how it can affect your mental health. Increasingly congested roadways, along with increasing construction, are a growing source of driver frustration and rising stress levels. Stress is your body's way of dealing with any change that requires a response. While facing constant daily challenges, stress becomes a negative thing if you don't take time to relax and unwind. It can have a tremendous effect on your body and you might not even realize it. **One of the most important things you can do to help reduce and manage your stress levels is ... EXERCISE.**

Walking is a simple and safe way to burn calories and exercise. Even if you only walk for 15 minutes, you will feel energized and focused. You should also stretch when get out of the cab. This will help with stiff muscles and joints and will assist with complete blood flow after long periods of sitting. It's not always easy to get exercise worked into your daily routine, but even if it's nothing more than parking as far as possible from a truck stop entrance, at least it's something. Being outside can also be helpful when the weather is nice. Just taking a small break to sit and enjoy the weather and be out of the truck for a few minutes can go a long way.

Here are some ways in which regular physical activity helps reduce the effects of stress:

- It gives you a better outlook on managing your circumstances and helps you forget the day's minor frustrations.
- It improves your overall mood, self-confidence and sense of well-being.
- It helps lower symptoms associated with mild depression and anxiety.
- It improves your quality of sleep.

OTHER TIPS TO HELP DEAL WITH STRESS:

- ❖ Take care of yourself – get sufficient amounts of rest and eat right every day.
- ❖ Plan ahead – allow enough time for detours, road work, accidents, etc.
- ❖ Try to stay calm – deal with what you can change and don't be stressed by things you have no control over. DO NOT take things personally.



Gerald Bailey

... he is the random winner of the gift certificate this month for turning in his signed newsletter.

You don't tug on Superman's cape.
You don't spit into the wind.
You don't pull the mask off that old lone ranger.
And you don't mess around with Covid-19.

*You do wash your hands.
You do stay 6 feet apart.
And you do wear a mask when needed.*

I have read and understand the above information regarding "Stress Management".

Signature

Date



PLEASE
SIGN
AND
RETURN.