



# The Safety Zone

The Newsletter of the AHA Workers' Compensation Self-Insured Trust

## Resolve to manage stress

*2015 is the year to learn how*

Do you know how to recognize the symptoms of stress and how to respond appropriately? Do you know how to handle stressful situations? Do you know how to react positively to stress in your life?

Although it's easier said than done, responding positively to the stress in your life is always the best approach. Negative reactions to stress usually just add to any physical pain or distressing emotional feelings that you are already experiencing as a result of being under stress.

The beginning of a new year is always a good time to make a new commitment to learning how to cope with the stressful situations that life inevitably brings.

Here are some ways you can respond more positively to stress:

- **Recognize the onset of stress symptoms.** Once you recognize the symptoms, you can begin to take control of your reaction to the stress and manage it positively.
- **Use the adrenaline produced by stress to help you overcome your fear and worry,** and give you the energy to confront the challenge.
- **Use positive thoughts and self-talk,** they break the cycle of tension and self-doubt created by stress. For example:

*–Think about how you will benefit and grow into a better and stronger person by overcoming a stressful situation; or*

*–Think back to some of the things you were so worried about a year ago. Do they seem so important or threatening now? Probably not. So today's problem probably isn't the end of the world either. You'll come through it one way or another, just as you always have in the past.*

- **Remember that every situation has some humor or irony in it.** Look for the silver lining to keep stress in check.



### news & notes

#### STRESS SURVEY

Stress at work contributes to poor job performance more than stress at home or financial worries, according to a study by the [Integrated Benefits Institute](#), a workforce health and productivity research and measurement organization.

Employees' job performance—as assessed through self-reported ratings on how often the employee was not careful, had difficulty concentrating, got less done than others and, at times, got no work done—steadily declines as stress at work increases.

Among employees who never experience stress at work, 68 percent perform at or above the average performance of the overall sample.

At the other end of the spectrum, just 41 percent of employees who experience permanent or continual workplace stress perform at that performance level.

Find the complete study at <http://ibiweb.org> and search for “Stress at Work Takes the Heaviest Toll on Job Performance, IBI Study Finds.”



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### SURVEY SAYS: BE THANKFUL

A recent [OfficeTeam survey](#) on what employees are most thankful for in their jobs—aside from a paycheck—shows nearly one-quarter (24 percent) of office workers said friendly coworkers, ranking friends higher (20 percent) than a good benefits program.

And workers were more thankful for an easy commute than for challenging assignments or a supportive manager! And flexible hours, long touted as a most wanted perk, was down near the bottom.

Workers were asked, “**Aside from salary, what are you most thankful for at your current job?**” Their responses:

- Friendly coworkers—24%
- Good benefits program—20%
- An easy commute—16%
- Challenging assignments—15%
- A supportive manager—11%
- Flexible hours—3%
- Other—9%
- Don't know/no answer—1%\*

*\*Responses do not total 100 percent due to rounding.*

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### Got News?

Do you have news that needs to be circulated or have a subject you would like for us to address? Let us know by emailing the newsletter editor at [tcreel@arkhospitals.org](mailto:tcreel@arkhospitals.org).

AHA Workers' Compensation Self-Insured Trust Program is administered by Risk Management Resources (RMR), a division of BancorpSouth Insurance Services, Inc. [www.bxsi.com](http://www.bxsi.com). In March 2003 the AHA Workers' Compensation Self-Insured Trust was established. The program provides workers' compensation coverage to AHA members.

Risk Management Resources, the administrator for the program, assists members in the areas of claims management, safety and loss control. Tina Creel, of AHA Services, Inc., is the Group Manager of the Trust and provides oversight of the day-to-day operation of the Trust.

The Board of Trustees provides oversight of the overall operation of the Group Trust.

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