We deal with a lot of stress from different facets of our lives but one key place that seems to always be stressful is work. A job can be stressful in many ways whether it be a heavy workload or trying to meet a deadline. It can lead to us constantly worrying about our jobs even on our days off. It is vital to learn how to manage the strain we put on ourselves and not let our jobs control our whole lives.

If you are dealing with an excessive workload at your workplace, it may be time to talk to your manager. While this can be a nerve wracking notion to tell your boss that you cannot handle the workload you have been given, it is necessary. Your job performance is going to be heavily impacted if you are constantly stressed and not letting yourself have any downtime. In the long run, making sure your workload is lightened will be extremely beneficial not just to you but to your manager. Overworking yourself is not the answer and remember, a stressed employee is not a productive one.

There are several ways you can manage your stress and one of these ways is taking time for yourself. The last thing you want to happen is for you to burn out, so if you feel like your job is becoming too much for you to handle this is a clear sign for you to 'switch' off from work. Take time to do anything you enjoy, your vacation days exist for a reason! Take those days off so you can come back to work feeling rejuvenated and rested. Another way to reduce stress is to stop yourself from always checking your work email or messages. In this age of technology, it feels like we are continuously working but it is time to set those boundaries for yourself. If you get off from work at 5, that means absolutely no work after 5 including your work emails and message. You need this time to relax and do something for yourself. This will help you really enjoy your free time.

The next thing has been said a million times but it has proven to work wonders on those stress levels and that is exercise. You don't have to do a high intensity workout, it can be as simple as going on a walk, yoga, dancing etc. Any form of physical activity can be great for you and a major plus is it will help you sleep better. A high quality night of sleep is a major part of managing your stress and helping you feel well-rested throughout your day. Some tips for a good sleep would be switching off all tech at least an hour before you go to bed or limiting your caffeine intake. It may be easier said than done but practice makes perfect. Take those little steps by not using your phone at least 20 minutes before you go to sleep and you'll see how it helps your mind relax. Before you know it, it will be a key part of your routine.

Ultimately, it is important to take time for yourself and do an activity that leaves you feeling relaxed. You are in control of your life and how you deal with your stress is in your hands. If there is anything weighing on you, it may be time to reach out to your friends and family or to a professional. You will be okay and the first step to managing your stress is recognizing the root of your stress. After you've identified the source of your stress then you can take the steps needed to control your stress and not let it take over your life. Remember everyone deals with stress and there is always a way to get through it!