



# Managing Workplace Stress and Health

**Proven Methods for Helping Employees  
Handle Stress and Improve Their Health**

# INPO<sup>®</sup> Institute of Nuclear Power Operations



# Duress Damages Health

## Health Influences Stress Response







ROBERT M. SAPOLSKY

Author of *A Primate's Memoir*

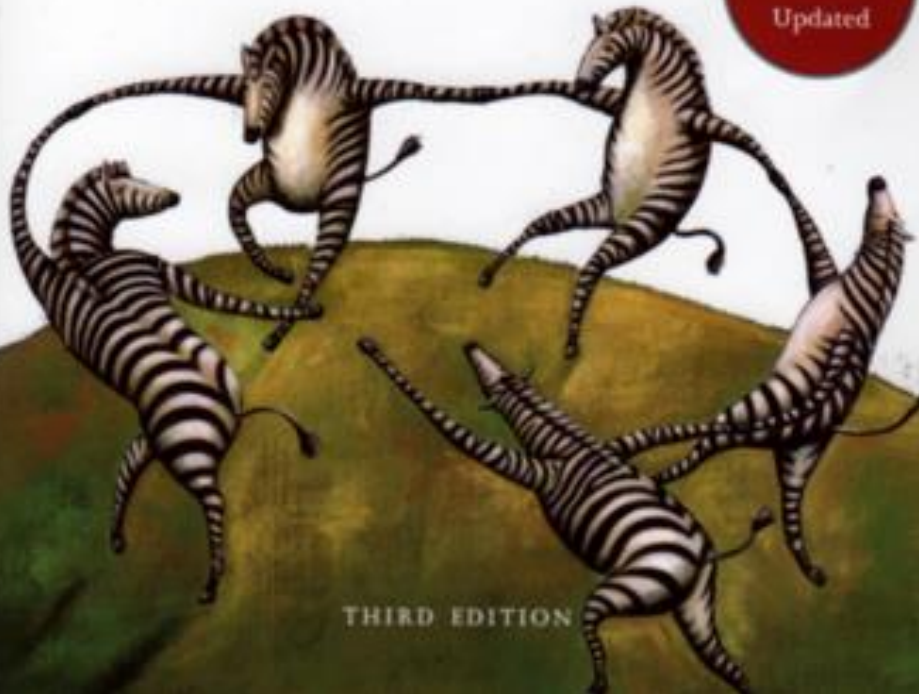
# WHY ZEBRAS DON'T GET ULCERS

The Acclaimed Guide to Stress,  
Stress-Related Diseases, and Coping

"One of the best science writers of our time."

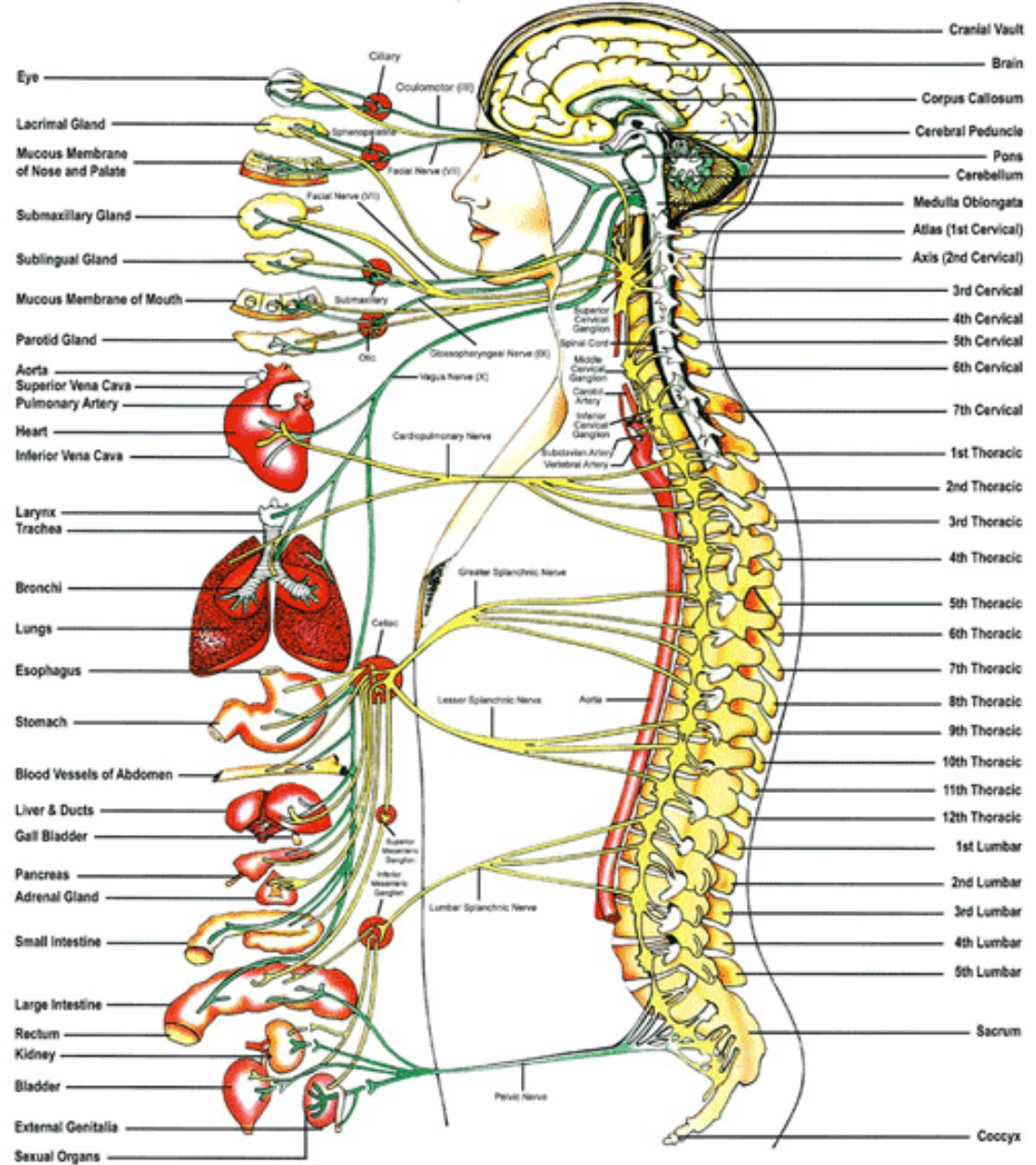
—Oliver Sacks

Now  
Revised and  
Updated



THIRD EDITION





# AUTONOMIC NERVOUS SYSTEM

Sympathetic -- Yellow

Parasympathetic -- Green

For simplicity, this chart does not reflect all paths of nerve transmission. Ask your chiropractor if you have any questions.



# sympathetic nervous system



What Does Your Body Need  
Right NOW To Fight a Bear?

# parasympathetic nervous system



**Now That's It's Over What Does  
Your Body Need To Take a Nap**



***Aggravation***

**Frustration**



***Anger!***

**RAGE!**

***Irritation***

**Fear**

# Virginia Tech's Transportation Institute Study 3,500 drivers





# Virginia Tech's Transportation Institute Study

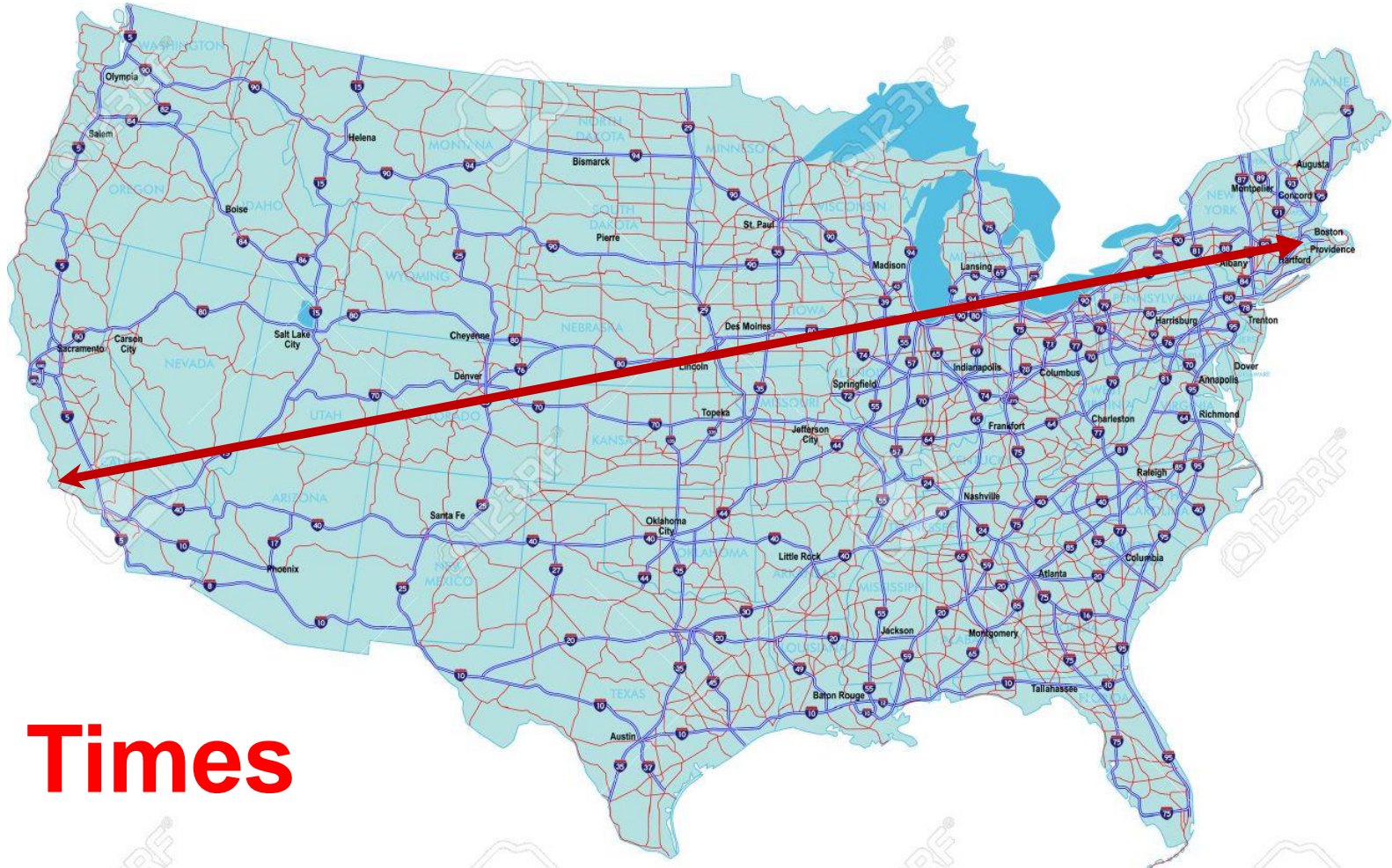
16 to 98





# Virginia Tech's Transportation Institute Study

**35 million miles**



**3 Times**

# **VT Institute Study Findings:**

**5 x Worse Than Cell Phones**



# **VT Institute Study Findings:**

**“9.8 times as likely to have an accident as model motorists.”**





# **VT Institute Study Findings:**

**“Driving while emotional is **more dangerous** than driving while drowsy, fiddling with the radio or air conditioning or chatting to passengers.”**

# Tragedy



# Set Backs





# Inconveniences











**“Tied to depression  
and social anxiety.”**

***Journal of Abnormal Psychology and the  
Psychological Bulletin.***



# Overthinking

the 'art' of creating  
problems that weren't  
even there



**amusement**

**gratitude**

**elation**

**pride**

**joy**

**happiness**

**hope**



**STAY HYDRATED**

**#1**



## FRIDAY FIVE

FIVE REASONS TO DRINK  
MORE WATER EVERY DAY

1. Stop Insomnia
2. Fight off Depression
3. Alleviate Arthritis Pain
4. Prevent a Gout Attack
5. Build a Strong Immune System





# THE ULTIMATE GUIDE TO **HYDRATION**

Why Water is the True Elixir of Life and  
How You can Stay Hydrated Throughout the Day

G O R D O N   S H A R P

Real. Cool. Media.



eat colorful foods

#2



# 12 FOODS

containing Niacin (vitamin B3)

Niacin is important for us to include in our daily diet. It has been shown to greatly reduce anxiety and depression. Niacin is also needed to help lower cholesterol levels.



Avocados



Broccoli



Tomatoes



Dates



Mushrooms



Asparagus



Swiss Chard



Pumpkin Seeds



Sweet Potatoes



Carrots



Almonds



Spinach





# Vitamin D

The body makes vitamin D when it is exposed to Ultraviolet (UV) rays from the sun.

## FOOD SOURCES:

Cheese

Margarine

Butter

Fortified Milk

Healthy Cereals

Fatty Fish





**JAMES A. JOSEPH, Ph.D.,**  
U.S.D.A. HUMAN NUTRITION RESEARCH CENTER ON AGING AT TUFTS UNIVERSITY  
**DANIEL A. NADEAU, M.D., & ANNE UNDERWOOD**

# THE COLOR CODE

A Revolutionary  
Eating Plan  
For Optimum Health



**get enough sleep for you**

**#3**







NEW YORK TIMES BESTSELLER

# THE SLEEP REVOLUTION

TRANSFORMING YOUR LIFE,  
ONE NIGHT AT A TIME



ARIANNA HUFFINGTON

AUTHOR OF THE #1 NEW YORK TIMES BESTSELLER *THRIVE*

**move!**

**#4**



**“Even five minutes of aerobic exercise can stimulate anti-anxiety effects.”**

**--Anxiety and Depression Association of America**

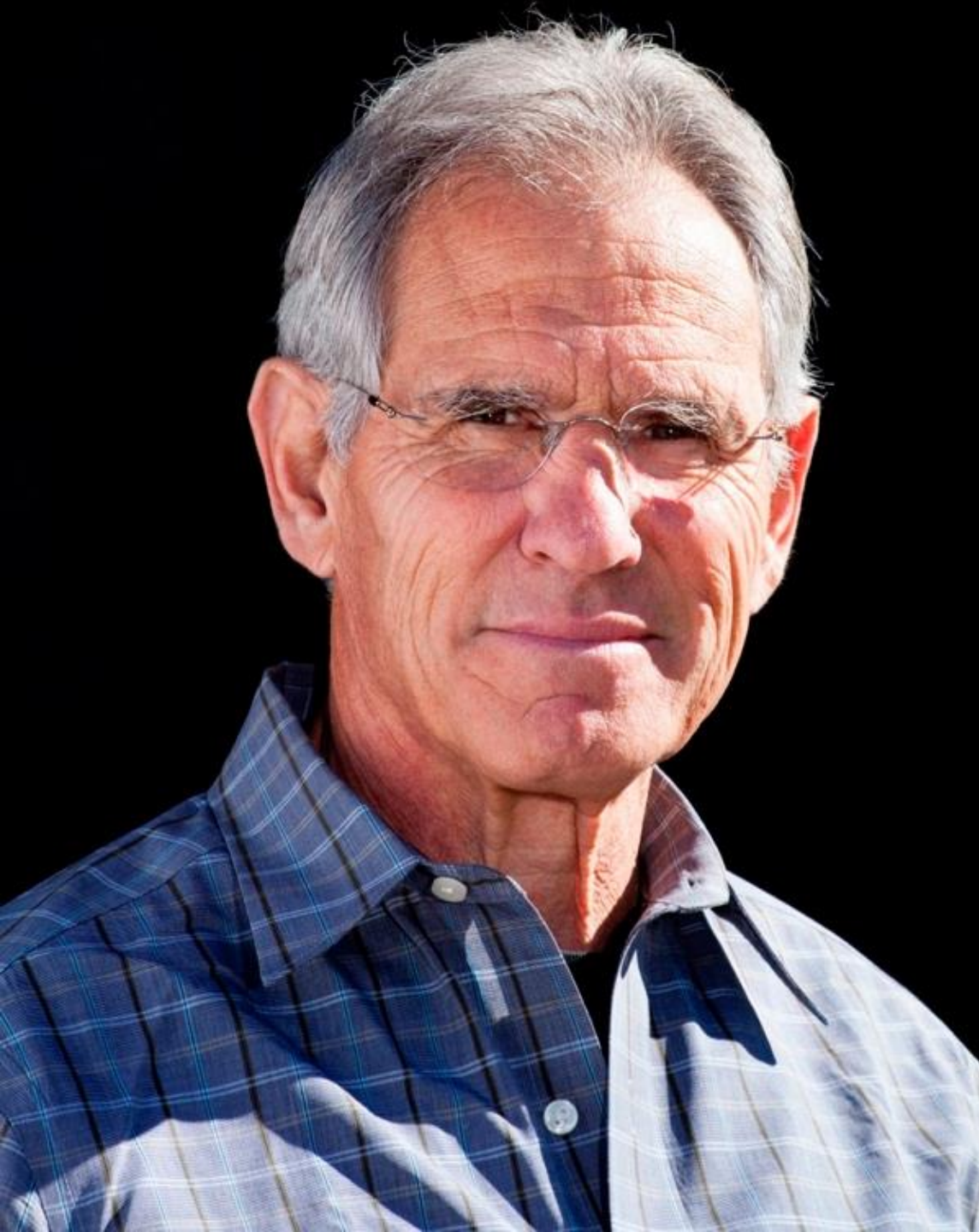




**practice mindfulness daily**

**#5**





**“paying attention  
in a particular  
way: on purpose,  
in the present  
moment and  
non-judgmentally.”**

**-- Jon Kabat Zinn**







HOW TO TAME  
CONSTANT CRAVING

FORGET SELF-ESTEEM!  
Try a Little Self-Kindness

Why Your Workplace  
Needs Mindfulness

# mindful

taking time for what matters

## The Game Changer

How Seattle Seahawks  
Coach Pete Carroll is  
Reshaping NFL Culture

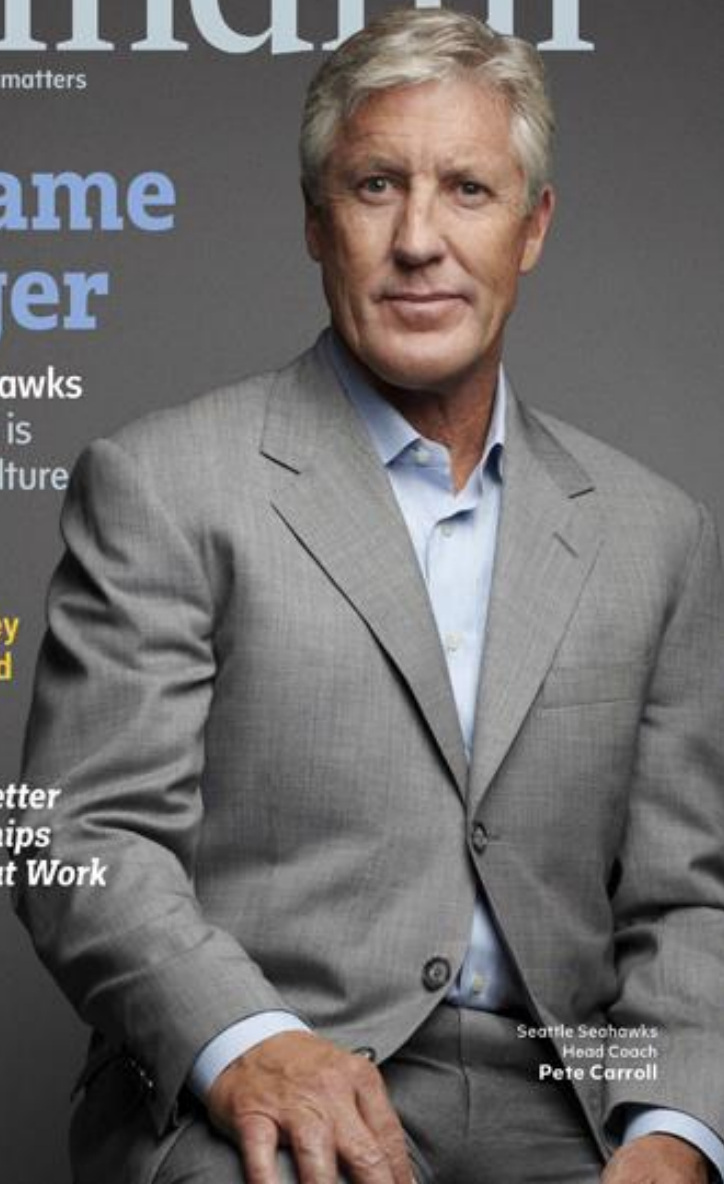
**HIGH ANXIETY**  
One woman's journey  
to find peace of mind

15

*Tips for Better  
Relationships  
at Home, at Work  
& in Love*

DECEMBER 2014  
mindful.org

Seattle Seahawks  
Head Coach  
Pete Carroll



How Meditation  
Is Changing Business  
from the Inside Out

# MINDFUL WORK



DAVID GELLES



# Sitting Still Like a Frog

Mindfulness Exercises for Kids  
(and Their Parents)



Simple mindfulness practices to help your child deal with anxiety, improve concentration, and handle difficult emotions

Eline Snel ■ Foreword by Jon Kabat-Zinn





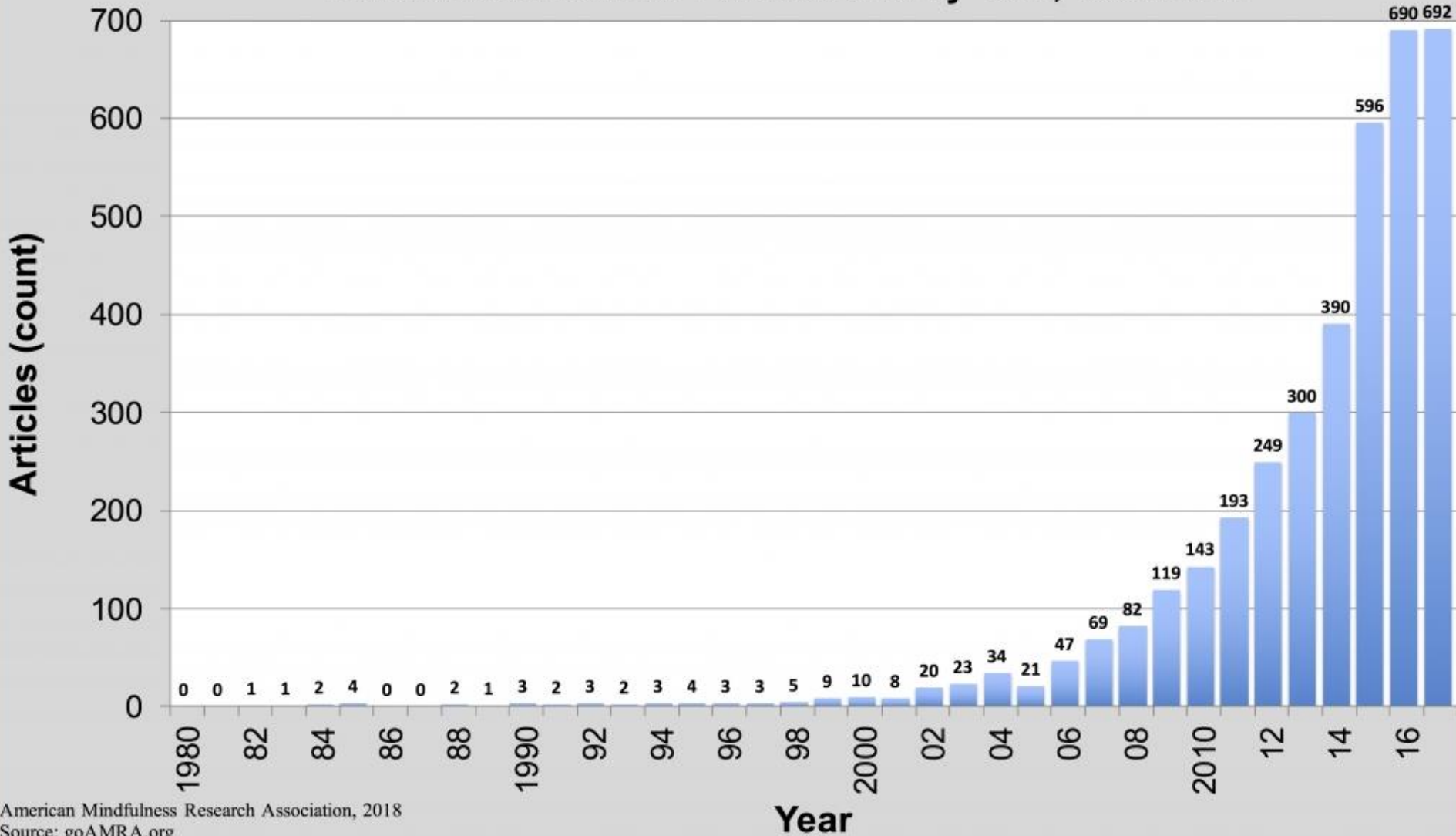
**Sell!**

**Sell!**

**Sell!**



# Mindfulness Journal Publications by Year, 1980-2017



American Mindfulness Research Association, 2018  
Source: goAMRA.org



Google



Goldman Sachs



HBO



TARGET



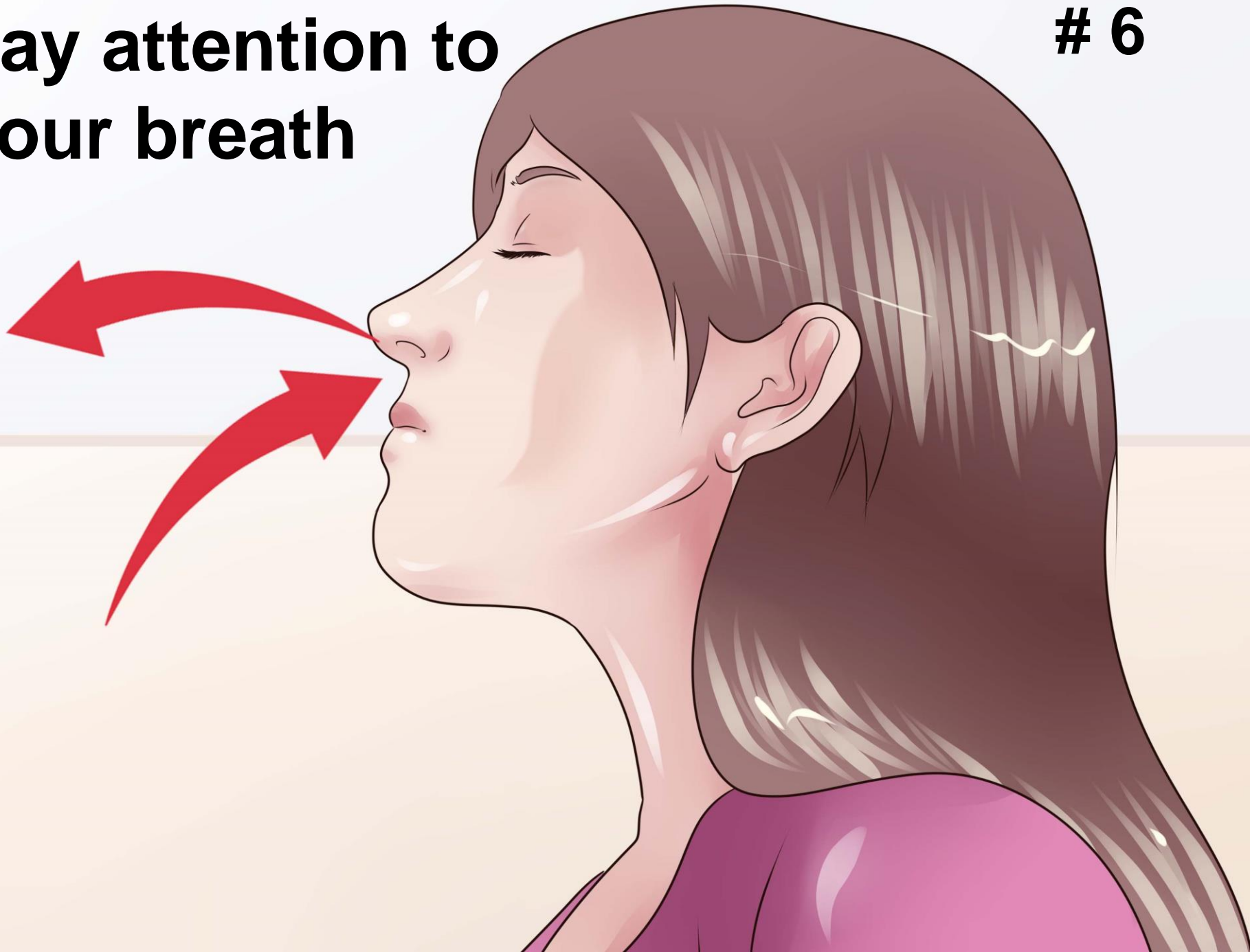




**MERCK**

**pay attention to  
your breath**

**# 6**



**gratefully remind yourself . . . # 7**







# Safety+Health<sup>®</sup>

The Official Magazine of the NSC Congress & Expo



# Sign up for *Safety Stuff*

**[www.makesafetyfun.com](http://www.makesafetyfun.com)**

**free safety meeting and promotion ideas**

**safety & health tips and trivia**

**links to fun and interesting safety  
videos and websites**

**articles to help you stay inspired and  
create a vibrant safety culture**



# “Bring It On Home” Keynote





