



## Stress Management

Stress occurs in almost every part of our life. Work environment, coworker relations, and customer pressures can all contribute to stress at work. It also affects you both mentally and physically.




Understanding ways to manage, minimize, and deal with stress can help you feel more relaxed and react more effectively when stressful situations arise.

Check out some Skillport.nd.edu resources to learn more about how to manage work-related stress

**FOR A FULL LISTING OF AVAILABLE RESOURCES,  
BROWSE THE FULL CATALOG AT:**  
<http://universityofnotredame.skillport.com>

For more information or to suggest topics for next month, contact askHR at [askhr@nd.edu](mailto:askhr@nd.edu).

### FEATURED ASSETS

-  **Targeted Course:**  
[Optimizing Your Work/Life Balance: Taking Control of Your Stress](#) (1 hr)
-  **Video:**  
[Tips to Better Cope With Stress](#) (3 min)
-  **Book:**  
[Stress in the Spotlight: Managing and Coping with Stress in the Workplace](#)



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HUMAN RESOURCES

**skillport**  
[skillport.nd.edu](http://skillport.nd.edu)