Introduction

The American Psychological Association (APA) lists a number of factors tend to go hand-in-hand with work-related stress, among them: low salaries, excessive workloads, few opportunities for growth or advancement, work that isn't engaging or challenging, lack of social support, not having enough control over job-related decisions and conflicting demands or unclear performance expectations.
Work-related stress in particular can be managed in a number of ways, whether it's company management making a conscious decision to improve the company's culture or a worker's own prerogative to take steps to reduce stress. Whatever it is, stress management might mean lifestyle changes, new routines or something as simple as taking a mental health day to regroup.
On a personal level, the APA says a person can use the following techniques to manage stress:

Credit:
http://www.ehstoday.com/health/sincerely-stefanie-managing-stress

Track your stressors

Keep a journal for a week or two to identify which situations create the most stress and how you respond to them.

Develop healthy responses

Instead of attempting to fight stress with fast food or alcohol, do your best to make healthy choices when you feel the tension rise. Exercise is a great stress-buster.

Establish boundaries

In today's digital world, it's easy to feel pressure to be available 24 hours a day. Establish some work-life boundaries for yourself. That might mean making a rule not to check email from home in the evening, or not answering the phone during dinner.

Take time to recharge

To avoid the negative effects of chronic stress and burnout, we need time to replenish and return to our pre-stress level of functioning. This recovery process requires "switching off" from work by having periods of time when you are neither engaging in work-related activities, nor thinking about work.

Reduce Stress



Learn how to relax

Techniques such as meditation, deep breathing exercises and mindfulness (a state in which you actively observe present experiences and thoughts without judging them) can help melt away stress

Talk to your supervisor

Healthy employees typically are more productive, so your boss has an incentive to create a work environment that promotes employee well-being. Start by having an open conversation with your supervisor. The purpose of this isn't to lay out a list of complaints, but rather to come up with an effective plan for managing the stressors you've identified, so you can perform at your best on the job.

Get some support

Accepting help from trusted friends and family members can improve your ability to manage stress. Your employer also may have stress management resources available through an employee assistance program (EAP), including online information, available counseling and referral to mental health professionals, if needed.

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