

# 5 Tips to Leave Stress at Work

Bringing home workday stress not only impacts you, but also your family and friends. All of us have come home after a long day stressed about the work we didn't get done and the tasks we must complete the next day.

Here are a few tips to limit stress:



**Prepare:** Before you leave work for the day, take time to **prepare for the next day**. Create a to-do list of tomorrow's objectives, wrap up any last minute emails, and set a specific time to walk out the door. **Stick to your plan.**



**Defuse:** Maximize your commute by decompressing from your long day. Whether you are driving home, taking a bus, or riding the train, **take this time to recharge**. You can listen to music, a new podcast, enjoy the quietness, or meditate by focusing on your breathing.



**Support:** Set up a support network. Having a support network is **crucial to reducing the stress** you take home. Keep in touch with family and friends and make it a goal to not talk about work.



**Health:** Eat well and exercise **frequently**. Make sure to limit caffeine and alcohol, stay hydrated, and **get enough sleep**.



**Tech Free:** Set **boundaries** when you get home from work. **Limit the time** you are on your phone or checking emails.