



# IMAGE

FOR TODAY'S WOMAN IN CONSTRUCTION

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# How to deal with the stresses of working in the construction industry

## Battle stress and anxiety in the workplace

BY STANLEY POPOVICH

**S**tress and anxiety are very common when you work in the construction industry. As a result, here is a list of techniques that a woman in the construction industry can use to help manage daily stresses and anxieties.

### Take a break

Sometimes, we get stressed when everything happens all at once. When this occurs, take a deep breath and try to find something to do for a few minutes to get your mind off of the problem. Take a walk, listen to some music, read the newspaper or do an activity that will give you a fresh perspective on things.

### Take small steps

When facing a current or upcoming task at your job that overwhelms you with a lot of anxiety, divide the task into a series of smaller steps and then complete each of the smaller tasks one at a time. Completing these smaller tasks will make the stress more manageable and increases your chances of success.

### Think positive

Challenge your negative thinking with positive statements and realistic thinking. When encountering thoughts that make you depressed, challenge those thoughts by asking yourself questions that will maintain your objectivity and common sense.

### Communicate

Talk with people on a daily basis. Find out what is on their minds. Ask for any suggestions on how to improve business productivity. Communicating with your coworkers and clients will help prevent future problems and conflicts.

### Don't make predictions

Remember that no one can predict the future with one-hundred-percent certainty. Even if the thing that you feared does happen there are circumstances and factors that you can't predict that can sometimes be used to your advantage. For instance, you are at your place of work and you miss the deadline for a project you have been working on for the last

*Challenge your negative thinking with positive statements and realistic thinking.*

few months. Everything you feared is coming true. Suddenly, your boss comes to your office and tells you that the deadline is extended and that he forgot to tell you the day before. This unknown factor changes everything.

### Take it one day at a time

In dealing with your anxieties at your job, learn to take it one day at a time. While the consequences of a particular fear may seem real, there are usually other factors that cannot be anticipated that may affect the results of any situation. Get all of the facts of the situation and use them to your advantage. The more control you have over your stresses and anxieties, the better off you will be in the long run.

### Ask for help

Take advantage of the help that is available around you. If possible, talk to a professional who can help you manage your fears and anxieties. They will be able to provide you with additional advice and insights on how to deal with your current problem. By talking to a professional, you will be helping yourself in the long run. Once you have the tools, you will be better able to deal with your problems in the future.

Managing your fears and anxieties takes practice. The more you practice, the better you will become. ⓘ

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*Stan Popovich is the author of "A Layman's Guide to Managing Fear Using Psychology, Christianity and Non Resistant Methods" — an easy-to-read book that presents a general overview of techniques that are effective in managing persistent fears and anxieties. For additional information, go to [www.managingfear.com](http://www.managingfear.com).*