Take control

Keep work-related stress in check

Whether you’re dealing with demanding customers, chatty coworkers or your never-ending to-do list, you don’t have to let work-related stress get the best of you. Although you can’t always avoid the stressors, how you handle them can make all the difference for you and your well-being.
Keep calm and thrive on

Set boundaries
Learn to say “no,” and don’t overcommit. Stop your work at a set time each day.

Stay organized
Make a list of your projects and deadlines. Prioritize what’s most important or urgent.

Get support
You don’t have to do everything yourself. Ask for help when you need it.

Limit distractions
Block time on your calendar so you can work undisturbed.

Control what you can
Many things, especially other people’s behaviors, are beyond our control. Instead of stressing out, focus on the best way to react.

Take care
Eat well, exercise regularly and make sure you take time to relax and recharge.

Take steps to manage and prevent stress, no matter where you work.

Aetna is the brand name used for products and services provided by one or more of the Aetna group of companies, including Aetna Life Insurance Company and its affiliates (Aetna).

The information provided by Aetna® health and wellness programs is general in nature. It is not meant to replace the advice or care you get from your doctor or other health professional. If you have specific health care needs or would like more complete health information, please see your doctor or other health care provider. Refer to Aetna.com for more information about Aetna plans.