

## REDUCE STRESS WHEN WORKING REMOTELY



Managing stress is an essential factor in employee health and satisfaction. To reduce tensions while working remotely, we encourage our employees to create a work routine and set boundaries. Other ways to reduce stress include:

- Daily exercise,
- Reduce or limit caffeine, and
- Proper rest

For additional information and tips on reducing work stress, click on the following link to the HBR article *'Reduce Your Stress in Two Minutes a Day'*

<https://hbr.org/2013/11/reduce-your-stress-in-two-minutes-a-day>

If you continue to experience stress, call your manager or reach out to the UMMS Employee Assistance Program (EAP).

EAP offers UMMS employees' confidential access to professional assistance for a variety of problems, including stress and anxiety related to working remotely. For direct access to the UMMS Employee Assistance Program, click on the following link:

<https://www.umassmed.edu/eap/>