

Job stress relief

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Man on the Moon!

Neil Armstrong's heart was racing at an incredible 150 beats per minutes, while wrestling to softly land the Eagle on the Moon, on the first try. His computer overloaded and he had only seconds of fuel left. He "maintained under strain," because he had a real purpose & preparation—to park America's Lunar Lander for the first time in history.

(60 to 100 heartbeats per minute is average [Mayo Clinic, <https://www.mayoclinic.org/healthy-lifestyle/fitness/expert-answers/heart-rate/faq-20057979>]). The National Institutes of Health indicate a heart rate over 100 may be the result of anxiety (Bowels 2019).

Hans Seyle said, its not stress that kills you but your reaction to it. ." [Brainyquote.com](https://www.brainyquote.com)

The Take-away--- BELIEVE IN YOURSELF. With desire and dedication you too can bring out your own personal best (rather than stress) to "maintain under job strain." In other words, train, don't complain about Job Stress. (Astronauts actually *train out* stress). Reframe your stress reactions. Silently say to yourself, "I am not getting stressed, I am just excited about my speech coming up." "I am just revving up for my Challenge."

WORKPLACE STRESS (stress.org)

According to the CDC, "Job stress can be defined as the *harmful physical and emotional responses* that occur when the requirements of the job do not match the capabilities, resources, or needs of the worker. Job stress can lead to poor health and even injury. (<https://www.cdc.gov/niosh/docs/99-101/default.html#What%20Is%20Job%20Stress?>)

Job Stress Symptoms-

Harmful physical responses:

Back Problems. Up to 80% of Americans will experience back pain sometime in their life. Back pain is the number one Disability claim made by American workers.

Harmful Emotional Responses. Depression, Irritability, Insomnia, Impulsivity (take this job...) even violence ("Going Postal"- see below)

"Excessive stress is known as 'going postal..." Karl Vick (Violence at work 1993) asserts that Violence at work is tied to loss of esteem.

Chronic Job Stress Health Crisis--- From 120,000 to 150,000 Job related stress deaths may be occurring yearly.

Karasek and Theorell (1990) calculate that up to 23% percent of heart disease could potentially be prevented (over 150,000 deaths prevented per year in the U.S.) if we reduced the level of “job strain” <https://unhealthywork.org/job-strain/a-brief-introduction-to-job-strain>

Stanford professor Jeffrey Pfeffer asserts that **job stress** accounts for 120,000 excess deaths every year in the United States (2018) <https://www.payscale.com/career-news/2018/05/job-stress-is-literally-killing-us>.

Solution to Job Stress Health Crisis according to American Heart Association

The American Heart Association proclaims “*Individual stress response may be a contributing factor for heart attacks... Scientists have noted a relationship between coronary heart disease and stress in a person’s life* (heart.org, 2019) (Understanding your risks to Prevent a Heart Attack (<https://www.heart.org/health-topics/heart/attack/understand-your-risks-to-prevent-a-heart-attack>).

American Heart Association suggests Get stress management tips and tools

Job Stress Fatigue- (The Myth). When a worker is just too tired on the job, to get up and leave work to go home.

Somehow even the most job-fatigued person can summon the strength to run out the door when that 5 O’clock whistle blows. Job-Rust—Out is more likely. You are like the Tin Man in the Wizard of Oz, you just keep moving slower and slower, until you don’t move at all

Job Stress Fatigue leads to stress Mis-management. Pleasure revenge is the path of least resistance when one has endured job-strain pain all day long. It is human nature to seek pleasure and avoid pain. We feel entitled to over-eat, drink and be “very merry, because we have earned it. Retail therapy is truly taking a hold.

Job Stress Violence (The *Going Postal* Myth/misnomer) Only a handful of the total 500 on the job shootings (for 2016 alone) were literally “Postal”

FOUR PILLARS OF Job Stress Management

PURPOSE, PREPARATION, PERFORMANCE, PRIORITIES,

A) PURPOSE Why put up with this?

Your purpose can range from helping others, to just helping yourself. Think carefully in terms of cost/benefit. You are “bartering” JOB STRESS (cost) for SECURITY (benefit)

B) PREPARATION (Packing your parachute carefully).

- 1) Show up, prepared, on time
- 2) Be agree-able, consistent and conscientious (go the extra mile). (See the Big-Five-Trait success model)
- 3) Practice circumstantial “work attitude” adjustments. It is sadly counter-intuitive, but sometimes, the more positive you are, the more you aggravate negative people. Trying to cheer-up an urgency addicted person, is like trying to “baptize a cat.” Two Examples- You say to Perry Clarke, - it’s a good day, and he bellows, “obviously you haven’t heard about today’s round of firings.” Example two: You write a well-received, peer reviewed company article, and your boss,

Mike Loser says, “well, it’s *not offensive*.” To replenish your “spirit” “fly with eagles, not flounder with turkeys” whenever you can come up for air.

- 4) Review with your “evaluator” and understand your performance evaluation contract before you start on the job. Ask when your midway feedback will occur.
- 5) Detail your projects, so the next person can “pick up” where you left off (in case you win the lottery).
- 6) Volunteer (publish/engage in your main professional group.)

Remember *Your*

Network is your NetWorth.

7) Go, or at least look outside during your lunch break, weather permitting. Thomas Jefferson’s cure for his “desk drudgery” (e.g. writing the Declaration of Independence) was to -go outside.- You could use your car as a decompression chamber during lunch if you live in the Tundra (where it snows from October to May). Use a natural sunlight “Happy Lamp” to counteract Seasonal Affective Disorders from darkening your mood.

8) Use workplace humor like a potent spice. Humor is contagious, but some are immune/irritated by “frivolity” at work. Try a “spoonful of humor (not the whole box) (Please visit AATH below)

9) To rebalance your work/home life, try a decision Tree. Dwight D. Eisenhower, developed a powerful decision BOX (matrix) available at <https://jamesclear.com/eisenhower-box>

10) Job Stress- Your Personal “First Aid Kit”- Items

- ***Maximized Mindset Attitudes (MMA) and Humor file***

Like a super-ball, the harder I am thrown down, the higher I bounce back up.

The Columbia Leaders’ Tripod

“Work is fun. Change is good.

What Is Urgent Is Seldom Important

(Eisenhower, president -Columbia (1948-53), America (53-1961).

Humor is contagious, but some are immune, even irritated by it. Association for Applied and Therapeutic Humor (AATH). No matter how tempting, never have office skits where the administration is the brunt of jokes.

□ □ □ □ □ □ • ***Posters*** (e.g. Left-Foot, Right Foot, BREATH- Pat Summit LEGACY; TWELVE COMMANDMENTS for People Who Work With People-1996, Laugh & Learn with Ann White;)

□ □ □ □ □ □ • ***Your Personal Anthem Playlist (perhaps on SmartPhone with earplugs)***. This author listened to “If you can make it there, you can make it anywhere- New York, New York” to drown out the daily screeching (in the subways.) (New York, New York 1977). Now the author listens to James Taylor’s “In my mind, I am going to Carolina ...” He also listens to Podcasts such as Heidi Hanna’s Monday meditation. (stress.org). On some days the 1959 Twilight Zone theme can be faintly heard in the background. <https://www.youtube.com/watch?v=G11AhAlf18A>. Don’t use this for your answering machine background music.

- **Your prized portable possessions** (trophies, awards, vacations, family, your pet's picture, artwork, memorabilia etc.) The artwork you post may indeed appear like the Rorschach (ca 1950's) Ink Blot Test,.
- **SmartWatch**- that reminds you to “slow down your breathing” when you continually stay into the fight or flight zone (sympathetic nervous system activation). Use **smartphone**

downloads such as Calm.com; Headspace etc

D) PRIORITIES- All your eggs in one Basket? Your After ^{work} Life

ALL WORK AND NO PLAY MAKES JACK A DULL BOY (From the 1980 Horror Movie, the Shining,
https://www.youtube.com/watch?v=4IQ_MjU4QHw

A Martyr's work is never done

Today's American **Work Martyr Syndrome is hurtling toward** Karoshi. Karoshi – coined in 1970 (not to be confused with Kari-oki) is the Japanese term for “overwork death.” Karoshi deaths usually results from stress triggered heart attacks or stroke. This is widespread over Asia. (For example, 34 year old working 110 hours week died from a heart attack. <https://www.businessinsider.com/japan-is-facing-a-death-by-overwork-problem-2018-3>)

Karoshi- America's **Work Martyr**.

The American equivalent of a Karoshi victim is the prevalent *Work Martyr*, who probably works 50 hours per week, takes no breaks or vacations, may well die early and most likely MisManages stress. Work Martyrs are the adult equivalent of Teacher's Pet. They are often disliked by co-worker because they are “rate busters”. The output of your Factory's Work Martyr is 500 chocolates per his typical 60 hour work week. Your 394 Chocolates output for your 47 hour work week “pales” by comparison. (Recall Lucy's Famous Chocolate Factory Scene)

Work Matyrs and Catch 22 (Joseph Heller 1961) -

Bosses favor Job Martyrs because ‘ they feel they are just like us.” The Catch 22 of the Work Martyr Syndrome. Management literally promotes “work martyrs” as favored “Workhorses”. The flip side of the coin is that work martyrdom erodes personal happiness, health and relationships. *Work Martyrs* are like light bulbs, easily replaced by new and cheaper and maybe even more efficient “bulbs”.

What is Important is Seldom Urgent; What is Urgent is Seldom Important-

Dwight Eisenhower (quote investigator.com/2014/05/09)

To rebalance your work/home life, try using a decision making tree. Columbia University and eventually the 34 the American President, Dwight D. Eisenhower, developed a brilliant, decision making BOX (i.e.matrix). James Clear- offers a free, “Eisenhower box” decision making spreadsheet.

https://docs.google.com/spreadsheets/d/1VP712A7baC_bVzi4xOLIPmFQ1lpSkrUDv0KTCsHUPAk/edit#gid=0

If you have any choice in the matter, try to Prioritize your job tasks. Use a decision making “filter” like the Eisenhower Box. If you have no choice, document the “chasing rabbits” work load you have, dictated from “on high.”

HOME at LAST.

AMERICA'S PLAYGROUD -From Fur to Flying. There are different way to reduce your Fun Deficit:

Pets (\$72 billion), Sports (\$56 billion), Books (\$27 billion) Movies (\$24 billion), NASA (\$21 billion) Cruises (20 Billion)one million at 2,000 each Travel Self improvement (\$11 billion) (40 Million GO CAMPING, 10,000,000 GO ON 20 Billion on cruises
2)CRUISES https://www.answers.com/Q/How_many_people_go_on_a_cruise_in_a_year. About ONE ten thousands Likes skydiving, so for 9 minutes of free flight at \$250.00 Per jump, you too can play like Peter Pan. to relieve your st

Remember- The only thing more stressful than job-stress is JOB-LESS stress.