

# Protect Your Heart from Job Stress

Long hours, a demanding environment and a lack of control all contribute to job strain. People who feel this way have about a four percent greater risk of developing heart disease over a seven-year span than those in less demanding positions.

But healthy choices can ease the burden. These include **exercising, not smoking, drinking in moderation,** and **taking time to rest and recharge.** Making simple efforts to reduce stress on a regular basis can help you recover faster and get the most from your days off of work.

## To ease job stress:

**1 Take time for you**  
Find hobbies and personal interests outside of work

**2 Express yourself**  
Spend time socializing with people you trust and enjoy, and try writing down your concerns in a journal

**3 Take control of your personal time**  
Allow yourself to say “no” to unfulfilling or stressful obligations, and don’t expect perfection from yourself or others