

# **Night shift: Tips to prevent isolation and manage stress**

Working the night shift can make it hard to do things you'd normally do during the day. While most people are socializing with friends and family, night shift workers are asleep. This leaves little time to interact with others. Not being able to talk to family and friends can be stressful, and even cause depression.

Try to find time to talk to your loved ones. While driving to work, connect your Bluetooth and have a chat with those close to you. It may be a good idea to create a routine of reaching out to someone so you'll have that much needed social connection.

On your days off from work, you may just want to relax and lounge around at home, but it'd be a good idea to get out of the house, get some sun and interact with others.

This would be a great time for self-care as well. You can do activities you enjoy. For example, get a massage, try gardening, do some shopping or go out to dinner. Getting out and getting active with others keeps you from being isolated.

Work and life can bring on stress, you might be stressed from a heavy workload or just daily woes. To manage your stress at work, find time to de-stress by stretching, giving yourself a massage and taking slow deep breaths. If you have time during a break, go for a quick walk. These are simple ways to get a handle on stress.

If you notice you're feeling stressed often, contact a counselor. A counselor can help you pinpoint where your stress is coming from and how to deal with it when faced with certain situations.

Being in a healthy place mentally will help improve your personal and work life.

## **Resources For Living**

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