

*Stress is a normal part of everyday life; how you manage it can impact your health and ability to work at your job.*

### What is Stress?

Stress is the reaction people have to pressures and demands placed on them by others or by themselves. Stress happens when a person feels like he or she can not handle these pressures.

Some examples of how stress can affect your work:

- Job performance begins to suffer
- Become easily distracted
- Interaction with your employer may be negatively affected

### How can you Manage Stress?

- Get a good night's sleep
- Eat a balanced diet
- Exercise regularly
- Know the [universal precautions](#) related to your job
- Use [proper ways to lift and transfer](#)



### What is Burnout?

Stress is a natural part of everyone's life at one time or another. When stress becomes more serious and builds up, burnout begins to occur.

Some examples:

- Feeling of lack of control over commitments
- Believing you are accomplishing less
- Growing tendency to think negatively
- Loss of interest in things you normally enjoy
- Increasing detachment from relationships

### Resources:

1. **Consumer-Directed Personal Care Attendant Handbook:**  
[http://www.hcbs.org/files/95/4725/PCA\\_Handbook.pdf](http://www.hcbs.org/files/95/4725/PCA_Handbook.pdf)