

**SMOHIT Body Maintenance**  
Toolbox Talks for the Sheet Metal Industry

### What is Stress?

- Stress is defined as a specific response by the body to a stimulus, such as fear or pain, which disturbs or interferes with the normal physiological equilibrium of an organism.
- Stress is related to both external and internal factors.
  - External factors:
    - Physical environment, including your job
    - Relationships with others
    - Home environment
    - All situations, challenges, difficulties, and expectations confronted on a daily basis
  - Internal factors:
    - Nutritional status
    - Overall health and fitness levels
    - Emotional well-being
    - Sleep and rest
- Job stress (negative stress):
  - Harmful physical and emotional responses that occur when the requirements of the job do not match the capabilities, resources, or needs of the worker.
  - It can lead to poor health and even injury.
- Job challenge (positive stress):
  - Job challenges energize you mentally and physically; motivate you to learn new skills and to master your job; increase your productivity, creativity and problem-solving skills; and improve your immune system.
  - When challenges are met, you have a general feeling of well-being and fulfillment.
  - When challenges turn into demands that cannot be met, relaxation has turned to exhaustion, and a sense of satisfaction has turned into feelings of stress; setting the stage for illness, injury and job failure.

**Notes:**

### Instructor Tips

- **Ask workers to define what stress means to them.**
- **Explain that the internal factors listed influence the body's ability to respond to, and deal with, the external stress-inducing factors.**
- **Explain that job challenges are an important ingredient for healthy and productive work.**
- **Have workers explain the difference between job stress and job challenge and to give examples of each.**

Jobsite: \_\_\_\_\_  
Supervisor: \_\_\_\_\_

Date: \_\_\_\_\_  
G.C. \_\_\_\_\_

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