

A WORKER'S GUIDE TO
**STRESS RELATED
INJURIES**
(HEART ATTACKS FROM WORK)



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DISCLAIMER: This document is dedicated to providing public information on stress including: how to recognize it, how to reduce it, and how it may affect you in regard to heart attacks at work. None of the information in this document is intended to be formal legal advice, nor the formation of a lawyer/attorney-client relationship. Please contact a Pennsylvania workers' compensation lawyer at our firm for information regarding your particular case. This document is not intended to solicit clients outside the States of New Jersey and Pennsylvania.

This information is not intended to replace the advice of a doctor. Please use this information to help in your conversation with you doctor. This is general background information and should not be followed as medical advice. Please consult your doctor regarding all medical questions and for all medical treatment.



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WORK-RELATED STRESS IS ONE OF SEVERAL FACTORS THAT CAN INCREASE YOUR RISK OF HEART ATTACK.

Conflicts at work, increased workloads, impossible deadlines, dangerous work environments, demotion, intimidating bosses, incompetent supervisors, loss of income and layoffs are all triggers that may cause stress-related injuries, including heart attacks.

What is stress?

Stress is your body's response to the demands made on it. A surge of adrenaline causes your blood to clot more readily, thereby increasing the risk of heart attacks. Working conditions can cause this adrenaline surge.

Firefighters often suffer stress on the job, facing extreme conditions in smoke-filled rooms. They often report feeling restricted by tight spaces and bulky protective clothes. Surprisingly, they report their greatest source of stress isn't fire. Instead, it is trying to deal with situations that are completely out of their control. Because of this loss of control, firefighters suffer from a high rate of heart attacks.

Most people don't work in burning buildings, but many secretaries, laborers and office subordinates report high stress at work. Just like firefighters, they trace their stress to a loss of control. Many bosses (who have more power) don't understand why people who have little control fare worse than they do. Bosses rarely feel restrictions. At Monheit Law, we believe it's vital for workers to lower their stress at work. We will not allow our clients under stress to remain at risk for work-related heart attacks.

Did you know that understanding individual personalities may be the problem with workplace stress? People with Type A personalities are at higher risk for coronary artery disease than their coworkers with Type B personalities. Given the same stressful situation, some people will respond with frustration and anger, while others just roll with the punches.

WHAT IS TYPE A PERSONALITY?

If you are impatient, feel a chronic sense of urgency, have a tendency toward hostility (even kicking the cat or breaking dishes), are extremely competitive, and always feel constricted by time – you are a Type A personality.

WHAT IS TYPE B PERSONALITY?

If you can not relate to Type A personalities, you're most likely a Type B personality. You view the world and your surroundings through patience, non-competitive behavior, and take each day as it comes with your low-key disposition. You are considered laid-back.

People can also be a combination of Type A and Type B personalities. Type A personality generally refers to hard workers who are often preoccupied with schedules and the speed of their performance. Type B personalities may be more creative, imaginative, and philosophical.



STRESS TESTS

Are you Type A or B?

Take the test – [Type A-B](#). The test is geared for students, but anyone can relate the questions to their own life.

How stressed are you?

Take the test – [lessons4living/stress](#). This test is not meant to replace a clinical assessment, but it will help you identify your stress and determine how you deal with it. If you're stressed, you may want to seek help for this problem.

TESTS, RECOGNIZING STRESS, AND TIPS TO REDUCE STRESS

Recognizing Stress – How-to

The results of continuing stress may cause disruption in one or more of the following areas of health: physical, emotional, spiritual and/or social.

The following are stress indicators: general irritability, increased heart rate, increased blood pressure, feeling anxious for no specific reason, trembling, insomnia, headaches, indigestion, pain in neck and/or lower back, changes in appetite or sleep pattern.

Stress is a process that builds. It's more effective to intervene and reduce stress earlier rather than later. Try to become aware of the signs that suggest the process has begun.

TIPS TO REDUCE STRESS

- √ Recognize what is causing you stress.
- √ Think about your life and lifestyle, then prioritize what is most important to you.
- √ Practice relaxation techniques such as yoga, meditation, deep breathing, or massage.
- √ Exercise regularly for a minimum of 15 to 30 minutes a day to help you stay relaxed.
- √ Develop time management skills to better organize your day.
- √ Know your limitations and don't take on more than you can reasonably handle.
- √ Avoid conflict. Try to live by win-win situations.
- √ Watch your diet. Eat a stress-busting diet with a healthy balance of fruits, vegetables, grains, and foods high in protein and low in fat.
- √ Avoid caffeine, nicotine, and alcohol as coping mechanisms.
- √ Get plenty of rest and sleep. Take naps.
- √ Talk with friends, family and/or therapists about your feelings and what bothers you. Be open to changing your thoughts about how you feel about someone or something.
- √ Take a break: Read a book, listen to music, take a walk, play with your pet or go on a relaxing vacation.
- √ Laugh, have fun, go to a comedic movie with your friends, be with people and do the things you enjoy. Find a new hobby that cultivates your creativity.



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5 SIMPLE TIPS FOR REDUCING STRESS AT YOUR DESK

1. Stand up and stretch.

Rotate your neck, flex your back, and stretch your legs and arms. This will take just a few seconds and you will feel better.

2. Practice deep breathing.

Inhale through the nose, slowly and deeply, to a count of 10. Expand your abdomen before allowing air to fill your lungs. Then exhale through the nose, slowly, also to a count of 10. Repeat 5-10 times. Try this several times throughout the day and whenever you feel tense.

3. Dismiss negative talk and think positive.

Enough with the negative talk already. Positive self-talk works. Instead of telling yourself, "I don't have to put up with this nonsense!" Filter it with, "I can do this."

4. Look out the window.

Walk over to a window for just a couple of minutes. People who work near a window or have access to a window have 23 percent fewer complaints of stress-related illnesses such as headache, back pain, and exhaustion.

5. Laugh.

Humor is a wonderful antidote for stress. A good laugh can reduce muscle tension for up to 45 minutes. Have some short funny stories or cartoons in your desk and glance at them when you are feeling stressed. Even a soft chuckle will break the stressful tension.



INTERNET RESOURCES

Got deadlines? Got stress? You may have a heart attack on the job. Tight deadlines, increased competition, and heavy workload are just some of the reasons why hard working employees are experiencing heart attacks on the job. www.webmd.com

Mayo Clinic: These tools for a healthier life and health & relaxation techniques can reduce negative responses to stress and help you to enjoy a better quality of life.

University of Maryland Medical Center: Relaxation Techniques. What are relaxation techniques? What are the different types of techniques and how do they work?

Free newsletter for Emotional Freedom Techniques Work & Stress Download. Newsletter filled with inspiration, humor, and success stories. (Not responsible for the content presented)

Women + Stress + Heart Attacks by the American Heart Association. Article geared to health professionals on how stress and other factors affect heart disease,

LEGAL RESOURCES

Do you have a workers' comp case caused from a work related, stress-induced heart attack?

It is important to get legal advice immediately after the heart attack. Workers' compensation law is a maze of confusion for the inexperienced. Be sure that the lawyer you choose is one who is very familiar with workers' compensation law.

Workers' compensation is rarely a satisfactory repayment. The settlement a worker receives isn't always in their best interest. No matter what your employer or human resource department says, you have the right to talk to a workers' comp lawyer.

There are time limits involved in contacting a lawyer called statutes of limitations. If you wait too long, you will lose your rights. No matter what your employer or their insurance company says, you deserve to be represented by an independent attorney of your choosing with experience in workers' compensation cases.

CONTACT A LAWYER / FREE NO-OBLIGATION CONSULTATION

Contact the Monheit law firm about your possible lawsuit. Answer some quick questions and we can determine what your legal options are and you can determine if we're the right law firm for you. Please start with our no obligation consultation.

If you have questions,
please call us toll-free at **1-866-761-1385**.

Thank you.

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