What is Heads Up Kentucky?
Heads Up Kentucky! is a collaboration of Psychology and Art that pairs consumer information about healthier living with commissioned public art. Over forty artistically transformed fiberglass “Heads” will be seen across Metro Louisville throughout the Summer, 2005. The Head Stands will serve as a display for consumer education information on the mind-body connection and psychological aspects of wellness, helping people learn how to live healthier lives. *Heads Up for Kids: Secrets of the Mind Body Connection* will bring health curriculum into the elementary schools this fall. The proceeds of the auction of the Heads will be split between the KPA Foundation and a consortium of visual arts education organizations.

About the KPA Foundation
The Kentucky Psychological Association Foundation seeks to improve the lives of Kentuckians through public education about psychology, supports psychological research, and provides scholarship to students in psychology at higher education institutions across the Commonwealth. Donations to KPAF are tax-deductible. For more information about KPA and the KPA Foundation, visit the web at www.kpa.org

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Stress at Work

Job stress is a concern for both employee and employer and can lead to low productivity, poor health and even injury.

What is job stress?
Job stress is harmful physical and emotional responses that come about when the worker feels overwhelmed by job demands. Job stress, stress-related illness, and work conflict are increasing in the United States.

Signs of job stress include:
- Difficulty sleeping
- Headaches
- Difficulty concentrating
- Abuse of alcohol, drugs, and/or tobacco
- Feeling irritable and short tempered
- Upset stomach
- Job dissatisfaction
- Low morale
- Being absent and/or late more often than usual

Job stress is not only the result of personal factors, but is also contributed to by several elements such as stressful job conditions, which when combined together may lead to an increased risk of injury and illness.

What can be done about job stress?
People handle their stress differently. It is okay if you handle stress a little bit differently than your coworker.

There are many different ways that are recommended by the healthcare community to handle stress.

Personal Factors that Reduce the Effects of Job Stress
- Positive Outlook
- Support Network
- Relaxed Approach
- Balance between Work, Family & Personal Life
- Regular exercise and proper diet
- Job Satisfaction

The most effective approach to handling job stress is taking both an individual and organizational approach to addressing problems.

Tips for the Employer:
- Ensure appropriate workloads
- Clearly define the jobs
- Improve communications
- Empower employees
- Value & place meaning in the jobs
- Provide opportunity for social interaction
- Develop preventive programs
- Offer Employee Assistance Programs

Tips for the Employee:
- Relaxation/Meditation exercises
- Planning ahead
- Life-Reassessment
- Journaling thoughts
- Proper diet and exercise
- Interacting with family and friends
- Accessing company resources
- Awareness that it is okay to seek the help of a health psychologist for job stress

For additional information:
Heads Up Kentucky: www.headsupkentucky.org
Centers for Disease Control: www.cdc.gov/niosh/topics/stress
American Psychological Association: www.APAhelpcenter.org
www.stress.org/jc-b.htm

The material provided in this brochure is based on scientific research by psychologists and other health care professionals. For references, contributor information, and additional reading on this topic, please go to the Heads Up Kentucky website at www.headsupkentucky.org.