



GOVERNMENT OF THE REPUBLIC OF TRINIDAD AND TOBAGO  
MINISTRY OF TRADE AND INDUSTRY

# Media Release

## STOP STRESSING AND START LIVING!

**February 27, 2016:-** *'Stress is not always dis-stress, but how you deal with it is very important and will determine the quality of life you live and enjoy. Continuous stress if not dealt with leads to emotional, mental and physical problems in one's life. My advice to you today is to stop stressing and start living. Take one day at a time, keep life simple, find time for family, relaxation and recreation, eat healthy, exercise and most importantly trust in God'*, were the sound words of advice shared by Dr. Rajeev Khaja, Clinical Consultant of the Psychiatric Unit of the North West Regional Health Authority (NWRHA) at the Ministry of Trade and Industry's Mental Health Care Seminar hosted for staff on Friday 26 February, 2016.

The Seminar sought to provide the employees present with information on stress and burnout; symptoms of stress; factors that contribute to stress and burn out and strategies employees can utilise to reduce and cope with stress particularly in the workplace. This Seminar formed part of the Ministry's strategic approach to employee development.



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