Manage stress. Whether it’s deep breathing, exercise, practicing a hobby or spending a few quiet minutes alone, choose the stress-busting technique that works for you and do it every day. Don’t wait until you feel the effects of stress.

Learn about depression. Know the signs to watch for and remember that clinical depression is an illness that needs treatment. Talk with your health care provider if depressive symptoms have been interfering with your daily life for more than 2 weeks.

Talk about prescriptions. Some medications can cause drowsiness or sleep problems or must be taken at the same time every day. Talk with your health care provider or pharmacist about your medications and how they might affect you as a shiftworker.

Avoid sedatives and stimulants. In general, medications should not be considered a way to adapt to shiftwork because they can be addictive, have adverse health effects and generally don’t improve sleep or performance. Limit caffeine use and avoid it close to bedtime; switch to water or herbal tea.

Tap the power of optimism. A healthy outlook steps up your “shiftwork tolerance,” or how well you cope with the changes and challenges of shiftwork. Surround yourself with positive people, make time to do things you enjoy, and concentrate on what you have to be grateful for.

Your good health is the finest asset you have, both on and off the job. Shiftwork does not have to lead to health problems. Take control by practicing prevention.