



Tips for Managing Work-Related Stress

Work is a part of most people's lives and for many, stress comes along with the package. Dealing with stress is something that can be managed when using the right techniques. When you allow yourself to be stressed, it can eat away at your health on multiple levels. For instance, it can lead to a weakened immune system, restlessness, anger, impatience and unhappiness. Stress is definitely something that we could all live without, so why not do what you can to eliminate it? Unfortunately, work-related stress can't be stopped by eliminating your job. Instead, you can use the following tips to help you out.

Meditation

One way to relieve stress is to meditate. This can be done while you're at home or even at work, which is recommended. You can do this while at your desk or if you work in the field, you can use your break time to meditate. It only takes a few minutes to do, between 5 and 10 minutes. Just close your eyes and control your breathing. Clear your mind and imagine a tranquil setting or your "happy place". If you can get into a quiet room to do this, that would make this easier. Meditation is ideal for restlessness, bringing peace of mind, equanimity and detachment. It also helps with calming your nerves and blood pressure.

Steps for Stress Management

Since you can't always eliminate the causes of your stress, instead you can use these steps to deal with it:

1. When you feel the onset of stress, take time to clear your mind or take a walk. If you're at work, you can try going into the restroom.
2. Drink a glass of water or juice to help bring down your temperature. Blood pressure tends to rise when stressed. This will cool you off and may even relax you.
3. Take deep, slow breaths and count to 10. This will give you time to calm down.
4. Play relaxing music or an album that makes you feel good.
5. When you're at home, do something that you enjoy, instead of sulking in whatever dilemma is stressing you. Try leaving your worries at work, instead of bringing them home with you.



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6. Watch a show or movie that is funny. Comedies can be a great way to end your day, since they take your mind away from reality.
 7. Say positive statements out loud for a few minutes, like "I'm happy and calm."
 8. Take constructive criticism, instead of allowing people's opinions and complaints to affect you negatively.