

Five-Minute Stress Relief.com

Reducing Stress at Work

- Leave for work early, so you can enjoy a relaxed, peaceful journey.
- Delegate responsibility. Don't try to do everything yourself.
- Being a people-pleaser is depleting. Know your limits -- it's okay to say "No."
- Don't take on too much in order to impress others. Chances are, they'll form their opinions about you based on their own emotional biases.
- If you have a personality conflict with a co-worker or supervisor, don't fight the situation by trying to outdo them or compete in any way. Just openly acknowledge that you two can agree to disagree without it harming your working together.
- Don't get tied up in knots over things you can't control. Focus on personal goals and let go of the rest. Achieving a positive outcome is all that really matters.
- Maximize flexibility. Be willing to try others suggestions, with the acknowledgement that you're agreeing to test their way instead of following the sure way that you have proven before.
- Remember that silence is sometimes the best answer. Be willing to walk away. If the situation is really important, you'll deal with it later, when calmer emotions prevail.
- Rather than confront, compromise in close situations. Let go of feeling that you have to "win." Remember this saying: Would you rather be right or would you rather be happy?
- Don't let a little dispute injure a great friendship. The best relationship is often one in which your love for each other exceeds your need for each other.
- Sometimes not getting what you want is a stroke of luck. If you lose, don't lose the lesson.
- Avoid perfectionism – you're setting yourself up for disappointment. Let go of unrealistic expectations and be thankful with a generally good result.
- It's good to like your job. However don't spend excessive hours there and short change your home life; sooner or later you'll regret doing that whether it creates problems with your loved ones or whether you wind up not having friends or any social life.
- Leave your work at the office. Spinning your wheels on your off time deprives you of much needed time off. Don't discuss work problems with your loved one. Discuss what the two of you find interesting together.
- Make your commute enjoyable. Put on your favorite CD and belt it out if you drive alone or wear earphones and enjoy the sounds while you sit amidst others. If you prefer, listen to an audio book.
- Do what you love. Having a sense of mission about your job makes it easier to deal with inevitable setbacks. If you can't find meaning in your job, look for it in a hobby or community organizations.