



We should reduce stress!

How to re-energise yourself in a tough working environment.

Challenging times call for peak performance. Creativity, productivity and flexibility are the things that help you stand out from the crowd, but they are also the first things to suffer when stress levels start to rise. Reacting swiftly and efficiently to changing demands requires that we pay as much attention to our health as we do to the business.

When stress levels increase, our bodies need for essential nutrients and good quality rest and relaxation also increases. Unfortunately, daily demands often mean that we focus even less time and attention on the very things that will help us through the difficult times. In the short term we can get away with a bit of personal neglect that may lead to reversible conditions such as anxiety, headaches, tension, difficulty sleeping, digestive problems and skin rashes. In the longer term, burnout and chronic conditions start to rear their ugly heads - insomnia, hypertension, asthma, gastrointestinal disorders and neurosis.

Our personal needs often move down the list of priorities as our days get busier and bad habits start to appear. But you only need to make a few small changes to your daily routine and thoughts to make a major impact on the way you feel.

In response to just such challenging times we have been running re-energise workshops for a number of clients. They focus on the causes of stress and offer practical solutions that can be easily built into the working day. It's a combination of things; suggestions for improving your lifestyle; improving your diet and so your health; facilitating a change of perspective; bringing greater balance and control to your life by becoming more assertive and proactive. They all add up, reducing the impact of negative stress on sickness levels, accidents and errors.



An emerging need within HR is to give people more than competency training. In addition people are looking for the tools they need to take back control of their health, and to benefit from the sense of well-being and improved vitality.

Here are some simple techniques to help you reduce the effects of stress:

1. Relax and listen to some soothing music. Music resonates differently with people, what gets the shivers going down your spine?
2. Getting engrossed in a good book helps you forget the worries of the day. Try not to pick a cliffhanger to read just before you go to sleep.
3. Run a warm bath and pour in some Epsom Salts and a few drops of lavender essential oil. It will relax your muscles and help you have a peaceful night's sleep.
4. Talk, walk and drive at a slower pace, it helps reduce your sense of urgency.
5. Wear comfortable clothes.
6. Get some fresh air, just 10 minutes a day can help to rebalance your body.
7. Turn off your mobile, turn on the answer phone and don't answer the door. We should not be on call 24hrs a day!
8. Allow more time than you think you will need to complete a project.
9. Rent a funny video and have a good laugh.
10. Gently stroke your face, temples and forehead, better still if you've got someone else to do it for you!
11. Take a deep breath and calm your breathing and your heart rate (breathe in for the count of 3 and out for the count of 6 – 3 times) this will rid your lungs of stale air and replace it with good oxygenated air.
12. Just do something silly!
13. Eat energy boosting foods such as: Fresh fruit and vegetables, wholemeal pasta , rice and bread and good quality proteins... avoid processed and junk foods, white flour and refined grains, alcohol, caffeine and fizzy drinks, processed fats and sugar.
14. Learn to say 'No' to people, you will be surprised how easily other people will accept this approach and respect you for it.



Stress hits us all in different ways. Things that would not bother one person can cause another to really struggle, sometimes it's just a momentary thing that triggers stress panic, other times it can be a slow progressive build up of circumstances that impact us. However it hits us, living and practicing some of the techniques above can help you cope when the going gets tough. Success in this area is in the small things that add up. So why not think about it, and in some small way make a difference to your own well being before doing anything else today?