



Stress Management

Stress is inevitable. It's a part of life and, unfortunately, a part of office cultures. Since stress can't necessarily be avoided, it's important to learn how to handle and cope with stress in a healthy way. Here a couple of tips on how to deal with stress:

Develop a healthy morning routine. A healthy morning sets you up for a healthy day! When you practice a healthy morning routine you'll be much less stressed by the time you arrive at the office. A healthy morning routine can consist of a nutritious breakfast, some light exercise, socializing with the family, and practicing mindfulness.

Prioritize sleep. Getting enough quality sleep is one of the best ways to help manage and reduce stress. This includes going to bed early, getting at least seven hours of sleep, waking up around the same time every day, and avoiding the use of gadgets before bedtime.

Practice positive thinking. Some studies have linked positivity with a reduction of stress. This is because practicing positive thinking helps you become more resilient, which helps you cope better with stress. Eliminate negative self-talk. A positive mindset will also help you enjoy your job and your life more, too!

Eat a balanced diet. What you eat can have an impact on your stress levels. A diet filled with sugary, processed foods can slow you down and make it difficult to stay productive at work – which can ultimately lead to a stressful day at the office. However, when you eat a diet based on real food you'll feel more energized and productive.

Meditate. Plenty of research has shown how powerful meditating is. Mindfulness meditation practice helps enable your mind to better handle stressful situations. Try to practice mediating or breathing techniques when you feel overwhelmed. Meditating for even 10 minutes a day can lead to some serious stress reduction benefits.

Talk to someone. Holding in stress makes things worse. Too much built-up stress can lead to burnout or mental exhaustion. Successfully dealing with stress means talking to someone when you feel overwhelmed. While it's great to talk with close friends or family members you can trust, it's even better if you speak with a counselor or therapist – especially when dealing with chronic stress.



"THE GREATEST WEAPON AGAINST STRESS IS OUR ABILITY TO CHOOSE ONE THOUGHT OVER ANOTHER." —WILLIAM JAMES