



Address the Stress with 10 Helpful Tips!

Manage the stress, don't let it manage you.

Address the Stress!

1. **Sleep:** A good night's sleep will make all the difference in your day.
2. **Walk Away:** Feeling the stress? Take a quick walk around the office or better yet, the block.
3. **Eat Lunch, Any Place Else!** You need to take breaks. Eating at your desk should be the exception, not the rule.
4. **Answer the Question: "Why do I work here?"** Remind yourself of all the positive reasons you work where you do.
5. **Nurture Your Home Life.** You are working to create the life of your dreams. Don't neglect your home and the loved ones who live there.
6. **Mini-Vacays!** Take as many 3 to 4 day week-ends as possible to rejuvenate.
7. **Solicit Assistance.** You have a team for a reason. Call on them for help.
8. **Seek Counseling.** If the stress is keeping you up at night, seek a third-party counselor to help you sort it out. You'll be glad you did.
9. **Consider Leaving.** Maybe this really isn't the best place for you. Work should be satisfying and not all draining.
10. **Pray, Meditate, and Be Grateful.** You'll feel better if you do!