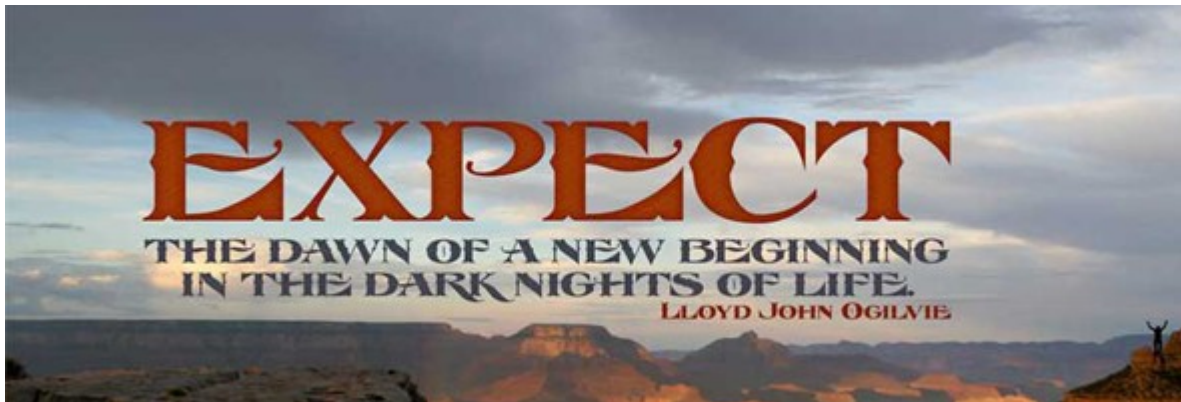


Dealing With Stress at Work



There will always be times when you will feel stressed at work no matter how much you like what you are doing. Unlike others you don't have to let stress have the upper hand. It is possible to deal with stress in such a way that it can motivate you in a positive rather than a negative manner.

Examining Stress at Work

People often feel completely isolated when they are dealing with work related stress, which is often an erroneous perception. Surprisingly enough work can be the highest stress factor for around twenty five percent of people. Nowadays it seems that as many as seventy five percent of workers believe that work is more stressful for them than it was for their parents.

Most of us get stressed about work at points, so you are not alone. More often than not people begin to feel less nervy and stressed when they know that other people feel the same way.

You can, fortunately, develop methods to minimize the stress you feel at work.

Reducing Workplace Stress

Ways to limit job related stress include the following:

- Don't hang on to unimportant issues
- Take steps to achieve a greater balance between the workplace and home
- Establish a supportive circle of relations, friends and colleagues

Let Go of Things

A relaxed and positive attitude often affects the world around you in a positive manner. Things that bothered you in the past will seem unimportant once you establish a positive attitude to your surroundings. The stress won't disappear but your attitude towards it will have changed significantly.

Balancing Life and Work

We often experience stress and find it difficult to deal with things when work becomes all important. Make time for activities such as telephoning a friend or making time to read that book you bought. If work has too much of a central place it will take over the rest of your life. When work assumes too much, it reduces your effectiveness and efficiency.

Quality Family Time Reduces Stress

You should make space in your life for your family and for meeting friends and colleagues somewhere other than the workplace. Work can encroach into our home life if we allow it to do so. Having a circle of friends and relatives that you can enjoy time with outside of work can decentralize the role of work in your life. This same supportive circle will be of great benefit whenever stress does get to you.

Being overwhelmed from stress at work is often alleviated when we have friends who can help us to see the bigger picture. Just because some things are stressful does not imply that we have to be destroyed by it. If you want to enjoy a fulfilling life both in and outside of work, then you need to be able to cope with the stresses that are an inevitable part of life.

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Sincerely,

Ryan Puusaari

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