

Bust work stress

Tips to feel better and work better

Letting stress build up at work can lead to tension and irritability and can even cause you to dislike an otherwise interesting job. Here are some suggestions to better manage the effects of stress.

- Pace yourself. Keep your expectations of yourself and co-workers realistic and don't make a habit of putting in extra hours. If you find yourself trying to meet unrealistic expectations, learn to distance yourself emotionally or take up a physically demanding sport.
- Set boundaries. Accept that you can only do so much and give yourself wholeheartedly to that. Be willing to say "no."
- Take breaks to get away. Don't ignore your coffee break. If you don't drink coffee, take a brisk walk or take 5 long, relaxed breaths. Get chair massage or schedule a table massage after work once or twice a month.
- Take time for yourself to review and evaluate the big picture. Listen to your inner voice about what's important and what is not.
- Laugh. Find the humor in your life. Watch funny movies and be willing to laugh at yourself.
- Get massage. Massage can help reduce mental stress and anxiety and relieve muscle tension that can lead to pain and injury.