

DEALING WITH STRESS

AVOID STIMULANTS

THIS MOSTLY INCLUDES ALCOHOL (IN SMALL DOSES), CAFFEINE, AND NICOTINE. THEY WON'T NECESSARILY **CAUSE** YOU STRESS, BUT THEY WILL MAKE THE SYMPTOMS WORSE, SINCE THEY 'EXCITE' YOUR BRAIN.

Instead of having your regular morning coffee (or tea), start your day off right with a large glass of water. Milk is also a good option. Try to take milk chocolate, soda pop, and refined sugars out of your diet too. Or at least try to reduce your intake.



LEARN TO LOVE YOUR JOB

THE AVERAGE PERSON SPENDS 90, 000 HOURS AT WORK OVER THEIR LIFETIME, WHICH EQUATES TO ABOUT 1/3 OF THEIR TOTAL WAKING LIFE. DESPITE THIS, 80% OF EMPLOYEES SAY THEY'RE DISSATISFIED WITH THEIR JOB. IT'S EASY TO FEEL STRESSED WHEN YOU SPEND 1/3 OF YOUR DAY WISHING IT WAS OVER, SO TRY TO MAKE THE BEST OF IT.

Remember there are only two kinds of problems you'll ever come across: those you can solve, and those you can't. If you ever come across a stressful situation at work, look at it and think "Is this something I can change?", and work from there. If it is, look into ways you can solve the problem, and share your idea with others. If it isn't, accept it for what it is and find a way to cope.

SAY "NO" MORE OFTEN

SOME PEOPLE JUST DON'T KNOW HOW TO SAY NO. FIRST YOU AGREE TO HELP OUT A CO-WORKER, AND THEN SUDDENLY YOU DON'T HAVE ANY TIME LEFT FOR YOURSELF. LEARN TO SAY NO WHEN YOU'RE SCHEDULE GETS TOO TIGHT.

Look at your schedule and distinguish which items are '*shoulds*' and which ones are '*musts*'. You'll be surprised at how quickly your 'never-ending list of things to do' dwindles. Remember to schedule in time to relax.





STAY ENTERTAINED

SO YOU'RE ON THE ROAD, AND THERE'S REALLY NOT THAT MUCH TO DO. BEING BORED CAN BE JUST AS EXHAUSTING AS BEING OVERWORKED.

Make use of your vehicle's radio and buy an audio book. Their selection's as varied as any real books, and you could learn something useful while you drive. You could find some at the local library. Also, research shows that listening to calming music can lower blood pressure, heart rate, and anxiety.

TIME MANAGEMENT

BEING BEHIND ON YOUR WORK CAN CAUSE A LOT OF STRESS. THIS IS EASILY PREVENTABLE BY LEARNING TO MANAGE YOUR TIME BETTER, AND PLANNING AHEAD.

If you often have trouble staying on task, here are some tips! First, try to keep your work area clean and organized. This'll keep you from getting distracted by random clutter, and will make it easier for you to find things. Another tip is to get into the habit of making 'to-do' lists, since it'll be easier to keep track of what you need to get done.



MAKE A CONSCIOUS DECISION TO BE HAPPIER

ABRAHAM LINCOLN ONCE SAID *"I HAVE NOTICED THAT MOST PEOPLE IN THIS WORLD ARE ABOUT AS HAPPY AS THEY HAVE MADE UP THEIR MINDS TO BE."* AND ACCORDING TO MOST RESEARCHERS, HE WAS RIGHT.

It's as simple as this: pretend your day's going to be great, and it probably will be. It's your attitude towards life that ultimately determines how you're life is going to play out. Try not to let little things ruin your day, think positively, smile. Did you know that smiling sends a message to your brain to release endorphins? This means that even just faking a smile could make your day better.