

WAYS TO REDUCE WORK-RELATED STRESS

Work Stress is at all time highs. And the impact of chronic stress makes managing it crucially important to your wellbeing at work and in life. Here are different approaches to reducing stress.

Find those that work for you and put them into action.

Simple Wellness At Work

Stretching:

Incorporate short stretching breaks throughout the day to relieve tension and promote circulation.

Regular Breaks:

Ensure you take short breaks throughout the day to rest, reset, and avoid stress buildup.

Music as Therapy:

Listen to calming music or nature sounds with earphones to create a peaceful mind-space even in busy workdays.

Practice Saying No:

Recognize your limits and learn to say 'no' to tasks when necessary to maintain a balanced workload.

Affirming Self-Talk:

Speak positive statements to yourself throughout the day to keep your mindset constructive and focused.

Break Down Big Tasks:

Avoid feeling overwhelmed by dividing larger tasks into smaller, more manageable parts.

Mindful Eating:

Use your lunch break eating slowly and without distractions.

Hydration:

Keep a water bottle at your desk to stay hydrated, which can help maintain focus and energy levels.

Enhance the Physical Workspace

Maintain a Clutter-Free Workspace:

A tidy desk can minimize distractions, make you feel more organized, and reduce stress.

Aromatherapy:

Consider using calming scents like lavender or chamomile to create a more peaceful workspace.

Change of Scenery:

If possible, alternate your workspace occasionally, or do a simple decor change periodically. A new environment can stimulate your mind and break the monotony.

Lighting:

Good lighting is important for reducing eye strain and maintaining focus. If possible, natural light is best.

Ergonomic Setup:

Ensure your chair, desk, and computer setup are ergonomically appropriate, which can reduce physical discomfort and stress.



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Releasing Stress Away from Work

Physical Activity:

Regular exercise like yoga, running, or a simple walk helps to reduce stress and increase endorphin levels.

Healthy Eating:

A balanced diet filled with fresh fruits, vegetables, and lean protein can improve your overall mood and energy levels.

Adequate Sleep:

Prioritize good quality sleep to provide your body and mind the necessary rest to cope with the next day's stresses.

Seek Support:

Talk to a trusted friend, family member, or counselor or coach about what you're experiencing to gain perspective and feel heard.

Hobby Time:

Engage in activities that you love, as they can distract you from stress and provide a sense of accomplishment.

Practicing Gratitude:

Keeping a gratitude journal can help shift focus from stressors and promote a more positive outlook.

Guided Imagery:

Visualize calming scenes or experiences in your downtime to induce tranquility and relieve stress.

Digital Detox:

Limit your screen time after work to disconnect and reduce the stress associated with constant connectivity.

Create the Culture Around You

Time Management:

Implement effective time management strategies to lessen workload and reduce stress.

Set & Respect Boundaries:

Establish clear boundaries between your work and personal life. It's important to switch off from work during your personal time to rest and recharge.

Healthy Work Relationships:

Cultivate positive relationships with your coworkers. A friendly work environment can significantly reduce stress.

Normalize Feedback and Recognition:

Regularly recognize your colleagues. Be open to constructive feedback. Both can help you and those around you feel seen, and appreciated.



Thrive at Work and in Life.

The Soul Spot

coaching@soulspot.co