STAY COOL UNDER PRESSURE

by: Jean M. Dela Rosa

Office environment is really different from the common work place where most people do. Most of the time employees in office work under pressure especially in meeting the deadline. There are times employees become over-stress and over fatigue due to some factors such as deadlines, pressure from co workers and employers, work related problems are few to mention. Some tips are very healthful to fight stress and keep cool under pressure.

First – Always Smile and Laugh..... To have healthy working atmosphere never to fail wear a sweet smile or laugh. Our brains are interconnected with our emotions and facial expressions. When people are stressed, they often hold a lot of the stress in their face. So laughs or smiles can help relieve some of that tension and improve the situation.

Choose an exercise that will fit your needs....exercise benefits your mind just as well as your body. We keep hearing about the long-term benefits of a regular exercise routine. But even a 30-minute walk, run, swim or dance session in the midst of a stressful time can give an immediate effect that can last for several hours.

Look for a peaceful place to meditate ......taking time off and having the mind to relax even for quite few minutes is very helpful.... Meditate can be in forms of prayers and free one’s soul from problems to recharge mind....Mindfulness can help people see new perspectives, develop self-compassion and forgiveness. When practicing a form of mindfulness, people can release emotions that may have been causing the body physical stress.
Take a break and away from stressor .... give yourself permission to step away from it, you let yourself have time to do something else, which can help you have a new perspective or practice techniques to feel less overwhelmed. It’s important to not avoid your stress but even just 20-minutes to take care of yourself is helpful.

And lastly get social support….call a friend, send an email. When you share your concerns or feelings with another person, it does help relieve stress. But it’s important that the person whom you talk to is someone whom you trust and whom you feel can understand and validate you. If your family is a stressor, for example, it may not alleviate your stress if you share your works woes with one of them.

Just remember stay cool even under pressure to avoid illness…. getting stress and feeling discontentment in work.

Reference:
Be Graceful Under Pressure: 7 Tips
By Jeff Haden