TOO BLESSED TO BE STRESSED

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There many people who quit in the middle of their professional race because the pressure is just too much to bear. Vital relationships in the office become strained. Performance targets are not met.

When your stress meter reaches an alarming level, quitting is always a tempting way. Though it is not the wisest thing to do. As you seek refreshment in your career, learning how to handle stress is a useful skill to develop.

How to deal with stress at work and in life? Acknowledge what you are feeling. God created us in such a way that when we become too loaded physically, emotionally and even psychologically, our body gives us warnings and symptoms. Entertain the thought of what your body is telling you. Headaches, tense muscles, hair fall – these are some of the common signs of stress. Be aware and recognize what your body is telling you. When you are feeling stressed, acknowledge it so that you can do something about it.

Take a break before you break down. Take a break before it’s too late. Rest if you want to fight off stress. Don’t think that taking a break is a waste of time. Taking short breaks within the day can help workers become more efficient and productive.

Communicate your situation to others. When you are way too stressed with work, tell others about it. This will help them become more sensitive to what you are going through. Stress is managed better when we have friends and colleagues who understand us and help provide the right environment so we can cope with stress.
De-stress by doing less. Many times, stress is caused by having too much to do. You feel the pressure of having limited time and energy. You seize with the reality that you have limitations. Learn to say no and de-stress by reducing the workload that you have.

Exhale a prayer to God. Unplug from the busyness of stressful day and plug into the stillness of being in God’s presence. When your burden is just too much for you to bear on your own, that’s a good reminder that the burden is not just for you to carry. God is always a prayer away to help us manage, not just our stress but our lives, every day.

References:

PROTIPS: Refreshment for the Race by: Maloi Malibiran Salumbides