

Productive to the Max

Productivity

Performance

Profitability

Are you Stressed?

MaxTips! April 2003

The leading cause of stress among Canadians is work and finances. 4 in 10 of us feel life is out of control and 40% of us think that life is changing too quickly. We feel most stressed from 12pm-5pm.

The following are some causes of stress:

- Boredom
- Downsizing and restructuring
- Too many deadlines
- Inadequate training
- Lack of control over life, tasks, environment and concerns
- Inadequate supervision
- Restructuring of health systems
- Too many responsibilities

Take some time now to destress. Prioritize, slow down and break your tasks into small components. Learn to say no and practice yoga, meditation and relaxation exercises. Learn to take control over your environment by organizing your space, time and life. Focus on excellence, not perfection and take care of yourself by adapting a positive attitude towards life. Journaling and starting a stress log will provide the opportunity for you to detail your frustrations and clear your mind. A lot of stress is self-imposed, so take time to analyze who you are, what you stand for and where you want to go so that you have a clear direction in your life. Then you will be able to slowly overcome some of your stressors.