

The Importance of Managing Stress

What do you do about stress? We recommend the following ways to deal with stress.

- Learn to identify your early stress warning signals. They can be such things as headaches, upset stomach, rapid heart beat, feeling of doom or despair, pain in the back, shoulders, arms or chest — often misdiagnosed as a heart attack. Once you have identified your early warning stress signs, take immediate action to reduce or eliminate the stress.
- Identify the activities or events in your life that bring on stress, such as deadlines, anxious or demanding borrowers, competition, marital problems, and problems with your children, boss or co-workers. Change the activity that causes stress, or at least change your attitude about the event or activity.

Once you know your early warning signs and you can identify the events that bring on stress, the following two steps will help you successfully deal with the stress and the stressors.

RELAX

Studies have proven that we must learn to relax if we are to reduce or eliminate our stress. Relaxation includes breathing techniques, light exercise — such as a short walk, immediately changing our activities to take us away from the stressor, a body relaxation technique that can be completed in your office, car, or just about anywhere the stress hits you.

TIME MANAGEMENT

Believe it or not, most of the surveys have proven that most stress is brought on by poor time management habits and skills. We live in a fast-paced world, and we tend to continue to pile on more work and commitments than we can actually handle. The better you are at mastering your time management, the lower your stress will be.

Here are a few ideas that work: make a daily plan of the tasks that you must complete, learn techniques that help you to manage interruptions, telephone calls, and deadlines, and learn to work within your own biological prime time.