



TOP 5 TIPS FOR MANAGING STRESS IN YOUR WORK LIFE



1. STAY ORGANISED

Staying on top of what you have going on at regular intervals, by making the time to plan for the day ahead, checking what your priorities are, and ensuring that where possible you have the resources available to you for what you need, will help you to get on with your day in a stress-reduced (or hopefully free) way.

Whilst we can't prepare for things that blindside us, you can stay organised in other areas by making the time to stay organised and plan ahead



2. REFRAIN FROM MULTI TASKING

Our brains are like our web-browsers, if too many windows are open it can slow down the speed of the browser & eventually if too overwhelmed freeze, crash completely and need rebooting.

So, in order to reduce your stress levels, stay away from doing too many things simultaneously, shut down any distractions or non-important tasks and focus your attention and energy on no more than one or two things at any time.



3. CHANGE UP YOUR ENVIRONMENTS

Sometimes the environment you are in can lead to or enhance your stress levels, so there are a few things we can do to reduce the stress caused by our environment. Make it as inviting as possible by keeping it both clean and tidy, providing an open and supportive environment.

Alternatively, you may need a reprieve from your environment, due to spacing issues or individuals causing you stress. Ensure to have your lunch away from your desk and go outside to get some exercise, to unwind and clear your mind.



4. FIND ENTERTAINING ESCAPES

When you are feeling stressed, why not take a time out and lose yourself in a movie, immerse yourself in a book, sing along to your favourite soundtrack, paint a picture or do something else entertaining.

Indulging in the arts, something creative or entertainment produces dopamine in our brains (the feel-good chemical) and thus helps to reduce the stress our body is under, so why not carve out some time to not only reduce stress but feel good at the same time.



5. AVOID DRAINS

People in our lives are either radiators or drains. They can either warm you up and make you feel good inside or drain you of all your energy. Drains are constant source of negative energy, that can add to stress levels through their constant complaining, bitching, moaning and neediness.

Whilst you may not be able to remove these drains from your life completely, you can limit the amount of time you engage with them, therefore reducing your stress levels.

For more information or support please contact

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