

## WELLNESS WEDNESDAY

### Managing Stress

When thinking about stress management, we often imagine situations with much less stress—relaxing on a beach, wilderness seclusion, massages, baths, etc. While all of these options would certainly help reduce the stress we're currently experiencing, they actually do very little to help *manage* the stress in our everyday lives.

Reducing stress is definitely an effective way to deal with it, but most people don't have the time or money to put themselves in frequent low-stress situations. Fortunately, it's also possible to train ourselves to more effectively manage the stress we already have, without needing to change external circumstances. Here are a few simple tips:

**Get organized.** Create a regular work, meal, sleep, and exercise schedule. Organize your living space and reduce clutter. Without a plan, we have to use precious attention and energy to deal with these aspects of life every single day. By organizing our days and spaces, we free up energy that can then be used to handle other challenges that might come our way.

**Change your perspective.** Our inner narrative, to a large extent, will determine how much stress we'll experience for a given situation. Instead of thinking about what a situation means about you or your life, try shifting the focus to what needs to be done to improve the situation.

**Burn it off.** There will always be times where we can't quite manage a situation like we would like to. When we can't quite meet the mark, physical activity can help channel our energy away from our minds to our bodies; we can use tension to improve our physical health instead of ruminating. Outdoor activities can be even more powerful because of the relaxing effect of fresh air, open skies, and natural scenery.

<https://www.health.harvard.edu/blog/3-simple-strategies-for-stress-relief-2021012521806>

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**“Our regular program will not be seen tonight because you’re probably preoccupied with stressful thoughts about your job and not paying attention anyway.”**

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**Connect with Employee Wellness!**

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