

Top 10 Tips – Building resilience to stress

Supplied by: Casson HR



Not all stress is bad, we need a certain amount in order to feel that our work is worthwhile. Without some stress we rust out due to boredom and lack interest or challenge in our job. Bad stress happens only when circumstances exceed our ability to cope. The following tips are useful pointers to manage stress and avoid it becoming a problem:

- 1. Balance** - Being busy is no bad thing, but going 24/7 and then stuffing more into each day is bound to lead to you becoming exhausted in a short time. Try to plan your work activities better and build in regular breaks - always have lunch and coffee breaks.
- 2. “Dr. Diet, Dr. Quiet, and Dr. Merriman”** - These three “Doctors” are useful in keeping us all on the right side of handling pressure.
“Dr. Diet” - being rushed can lead to us eating too many snacks or an unbalanced diet. Try to eat more sensibly, allowing time to chew and digest your food.
- 3. “Dr. Quiet”**- Relaxation, time to chill as it’s now referred to, is as important as being busy. Plan quieter times into your week.
- 4. “Dr. Merriman”**- Life isn’t all about work, but also about having fun. Make time for those “me” activities and interests, hobbies, friends, going out for a meal or concert.
- 5. What’s your network of support?** Studies have found that having a good network of people you can discuss pressures with is helpful in relieving stress. Think of those around you that you can talk things over with such as a spouse, partner, family, friends, church leader etc.
- 6. Cultivate your PETs** - PETs stands for Problem Enhancing Thoughts (which are helpful) versus PITs, Problem Interfering Thoughts (which are unhelpful). An example of this might be when faced with a difficult presentation at work - PIT: “It will go badly, usually does!”, try to counter the unhelpful thought with a PET - “it may be difficult, but I’ve got all the points worked out and I’m prepared, so I expect to succeed”.
- 7. Be aware and recognise the signs** - Any of the following may indicate you are under too much stress, so you need to take action: mood swings, irritability, withdrawal, change in personality, increased smoking or drinking.
- 8. Get out of the office** - Having a break from your work environment, physically going out to walk for 10 minutes, is much better than lunch at your desk or in the office. This is because you can clear your mind of all work matters and can’t be interrupted by work while you are trying to have lunch. Think of places you can go to as “oases”/spots where you can find 10 minutes of quiet in your day.
- 9. Regular exercise helps** - Walking, sports, swimming and going to the gym have all been found to be beneficial in combating the effects of stress.
- 10. Are you putting yourself under stress?** Instead of just making a long list of things to do and working your way through, make the list then decide what you need to do now and what can be done later. What can you delegate and what can you drop?

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