

Keeping job stress at bay

As most parents have careers, jobs have become one of the main sources of stress. Stressed parents are easily irritable, irrational and unduly worried.

Such negativity will quickly be affect the children and soon, the home atmosphere becomes hostile. When that happens, the home will no longer be the sanctuary it is supposed to be.

The negative energy will multiply, infecting everyone.

How nice it would be if we all truly love our jobs. There would be no stress or drama. We would be waking up every morning smiling and eager to go to work. However, in reality, even the best jobs come with their downsides.

There will be mornings when we wish we don't have to get up, or days when we feel like giving up and trying new things. But soon, common sense prevails and we drag our feet to the office.

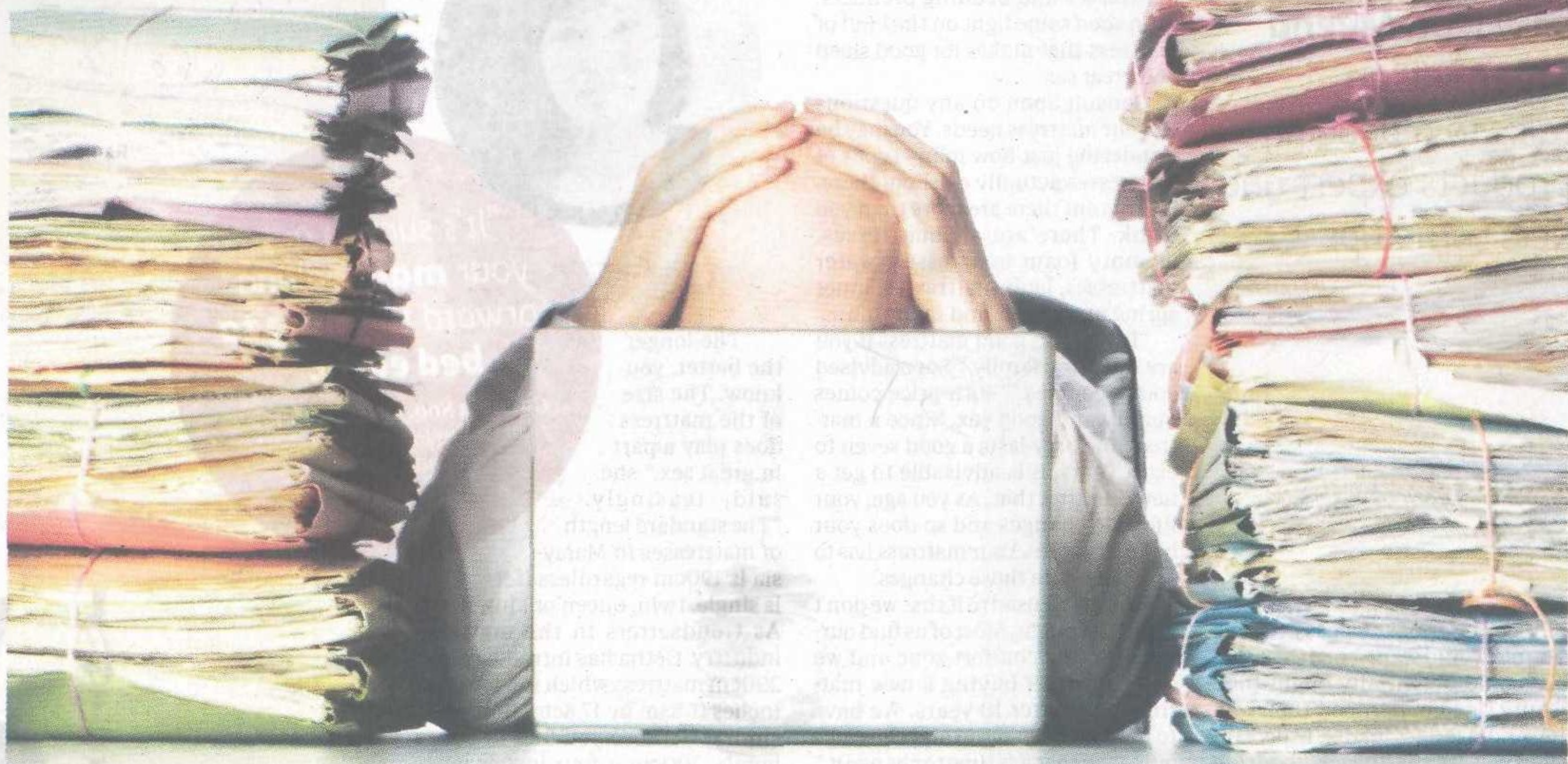
The good news is that we can make our jobs interesting and exciting. Let me share how we can all make this a reality.

TAKE A BREAK. When the going gets tough, the tough takes a break before going at it again.

Even as machines and robots need downtime, so do human beings. Taking a break is not a sign of weakness or laziness. In fact, it is a smart strategy to ensure that we are always in the effective zone.

There are many ways one can take a break. Top of the list is going on a vacation. Yes, everyone loves a great vacation at some faraway place.

However, not many people actually make proper holiday plans. Some claim that planning takes the fun and spontaneity out of a holiday. Tell that to someone desperately trying to book a hotel at the very last minute and see what he says.



Actually, half the fun of a vacation is in the anticipation of a good time.

Those who have already booked their flights and hotel rooms are likely to be happy and looking forward to the break. Any minor irritation or distraction will hardly bother them. It helps a family relationship when everyone is able to tolerate minor antics and misbehaviour.

Not only that but at work, minor irritations, frustrations and problems can be "overlooked" when we are looking forward to the coming vacation.

GET A NEW PERSPECTIVE. Another way to keep smiling at work is to look at our jobs in a new perspective. Martin Luther King, Jr. once said: "Whatever your life work is,

do it well. A man should do his job so well that the living, the dead and the unborn could do it no better."

It puts the power back into our hands. It encourages us to give our best because people are depending on us to do well.

Just imagine the consequences if an air traffic controller suddenly decides to skip some steps because he's bored with his job.

We may not be an air traffic controller but our jobs will still affect others in more ways than we can imagine. Remind ourselves of this fact whenever we feel like skipping the routine parts and we will look at our job in a whole new perspective.

BE PROACTIVELY HAPPY.

My former boss used to say: "People can and will pressure you, but only

you can stress yourself up."

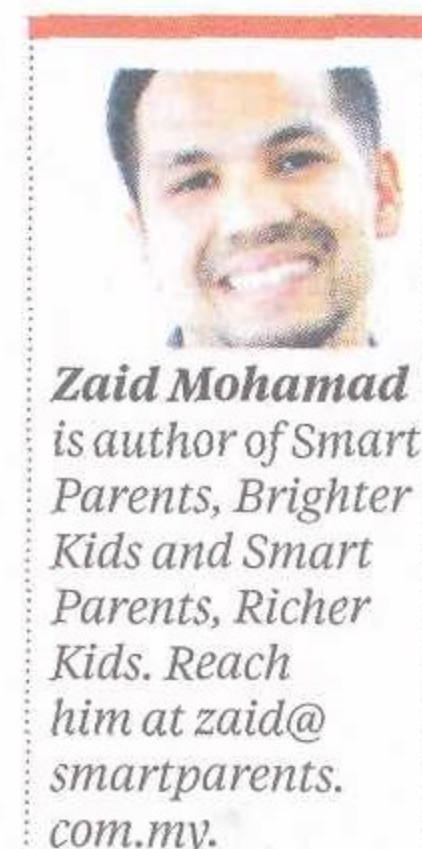
When we allow pushy people, bad weather, poor traffic conditions and ungrateful customers to bother us, our stress levels will go up very quickly.

The next time these things happen, just acknowledge the situations but don't let ourselves be affected. Do what we can, then just smile and walk away.

Take actions to remain happy. Maintain that good feeling by exercising regularly. Find others who are in need and help them.

Deliver our promises so that we can go home without worries.

Whatever it is, happiness is in our hands.



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Keeping work stress at bay also means we can go home in a positive mood and not affect our family with negative vibes.

In turn, we will be able to draw on the positive energy at home to face the world the next day.

A positive worker is a valuable asset. The next time you feel stressed at work, turn to your colleague and say: "I don't need this job but this job needs me, because

only I can do it better than anybody else!"