

CORPORATED MANAGEMENT / HUMAN RESOURCES

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Don't let stress get the better of you

WHATEVER life may throw at you, take it easy and don't let stress get the better of you. Stress happens to everyone every day.

Family, work, unexpected changes, relationships, illness and money can cause anxiety.

Stress affects people differently – some become anxious or defensive, others become depressed or withdrawn.

The first step in managing stress is to identify its source.

Next, you can either change the situation or alter how you

react to the situation.

No single method works for everyone or in every situation, so you have to ask yourself what works best.

Here are some techniques you can adopt:

Avoid unnecessary stress

> Learn how to say "no". Taking on more than you can handle is a recipe for stress.

> Reassess your priorities. Drop tasks that aren't necessary to the bottom of the list or eliminate them entirely.

Work around the problem

> Compromise. When you ask someone to change their behaviour, meet them halfway and do the same.

> Practise time management. Make a list of the tasks you need to do within a time frame.

Change your expectations

> Look at the bigger picture. Ask yourself how important it will be in the long run.

> Adjust your standards. Stop setting yourself up for failure by demanding perfection.

Accept what you can't change

> Some things in life are beyond our control. Focus on the things you can control.

> Share your feelings. If you don't voice them, resentment will build and the situation is likely to remain the same.

Make time for yourself

> Don't neglect yourself. Make time to nurture yourself, and you may find yourself in a better frame of mind to handle problems. – The Straits Times / Asia News Network



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