

## FOUR WAYS TO MAKE STRESS WORK FOR YOU

Even if you love your job, it can be hard to avoid stress that's caused by difficult co-workers, overbearing managers and unreasonable workloads. Instead of trying to avoid the stress, you should face it head on and start making the stress work for you. By following the four steps below, you can use stress in the workplace to help you become a more resilient person.

**STOP THE DENIAL** Ignoring stress only makes it worse. A much better option is to recognize it for what it is and take the time to identify what is causing it. Once you know the cause, it's time to start thinking of creative ways to mitigate it. The more practice you have doing this, the easier it will become in the future.

**MAKE SURE YOUR JOB AND YOUR PERSONAL VALUES ARE ALIGNED** If one of your values is continued education and your company is not providing it, consider taking classes on your own time or finding a job where these needs will be met. There's nothing more frustrating than feeling like you're standing still – but you have to be willing to take responsibility for your own happiness.

**CREATE AND ACHIEVE YOUR OWN MINI-GOALS** At times when stress hits its peaks, it's important to focus on the positive. By making a list of mini-goals for each day, you can stay on task and give yourself something to feel good about.

**GIVE YOURSELF TIME FOR RENEWAL** Although work is an important part of life – it shouldn't be your whole life! Engaging in meaningful and fun activities like sports or volunteer work can help balance out your life and put your stress in perspective.

Acknowledging and facing your stress can be a frightening and challenging experience. But, when you learn how to pro-actively deal with your stress, it can help you become more focused and successful in both your professional and personal life.

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