Checklist – Top Tips: How to Manage Stress

"There is more to life than increasing speed." **Mahatma Gandhi**

Here are 7 ways to manage stress positively:

1. **Start your day with positive thoughts.** Start the day with an affirmation – a positive intention for the day ahead. E.g. "I will be helpful to everyone I meet today."
2. **Nourish your mind with positive thoughts.** When we get caught up in negative thoughts, we can increase our negative stress response. Instead of saying "I can't get this work done.", say "I am happy to have work to do. I know I can prioritise, and will focus my time on what is urgent and important to do.".
3. Use **exercise** to alleviate stress. If you feel stuck, or stressed, go for a short walk. Movement can help ease a tight mind, enabling us to ease stressors.
4. Reduce caffeine, alcohol and junk food. Build time into each day to make wholesome lunches, and evening meals. Notice any differences.
5. **Letting go** can alleviate negative stressors. Rather than getting upset about a harshly worded email, ask yourself 'Will this matter in a years' time?'. If it won't, **let it go.**
6. Write down your life **priorities.** Make the time for your priorities.
7. Keep a **gratitude journal**– once we focus on what we have, rather than what we don't have, stressors diminish. We can go with the flow.

The Development Company is a leading edge training company, dedicated to enable people to be the best the best they can be. We design and deliver stress management programmes that help people get the most from their working day – from Mindfulness for Life, to Management Skills, and Time Management Skills.

We design and deliver workshops, modular programmes and courses that get real results. Contact us to discuss your specific needs.

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