# Coping in Stressful Times

## STRESS MANAGEMENT TIPS

## MANAGE SELF DURING STRESSFUL TIMES

When stressed out, it is easy to neglect your own needs. How you present yourself to your team has an impact on attitudes and behaviours of the group. People can pick up on cues consciously or unconsciously and when anxiety levels are high, it can have an impact on everyone at all levels of the business.

### 01 LOOK FOR PERSPECTIVE

Keep work events in reasonable perspective, that's a first step to keeping stress under control.

### 02 LEAN ON YOUR SUPPORT NETWORK

Reach out to your trusted colleagues - people whose judgment you respect - for an objective point of view for troublesome situations.

### 03 BLOCK TIME

Hold a period of time and regularly keep it free from meetings, calls and miscellaneous interruptions. This gives you time to work on things that are important that you've not been able to get to.

### 04 BE ASSERTIVE WITH YOUR PERSONAL TIME

Agree a regular time with your significant others and prioritise this. Negotiating this psychological space at a regular time can give you something to look forward to and allow you to clear your head and relax.

### 05 EXERCISE

Physical activity increases the production of the brain's feel-good neurotransmitters, called endorphins. Regular exercise increases self-confidence, helps you relax and lowers the anxiety associated symptoms. Exercise can also improve your sleep, which is often disrupted by stress. All of these exercise benefits can ease your stress levels and give you a sense of command over your body and your life.