

Stress-reducing tips for working healthy

When you feel your stress level rising, breathe and look at the problem from a different angle.

- When you're in a stressful situation such as a business meeting, take a deep breath. Visualize someone you love or your favorite place on earth. You'll be transported out of the moment and reminded about what you really value in life.
- Are you in a high-pressure business situation? Maybe you need to ask yourself why. Can you balance your personal and work life? If not, develop an exit strategy. You'll get a better sense of control and have a goal.
- Let your co-workers know what's important to you. Maybe they'll better understand your point of view.
- Make a list of your personal priorities. What's important to you? Stick with your list. You may find that it's not about the money and it's all about your health (mental, physical, and emotional).
- Sometimes you just can't do it all. Admit it. Saying no to a project or a plan or a friend is okay.
- Recharge. Take your vacation. You earned it.

