

Stress Management: Reducing and coping with stress part 5

By now you will know how to identify those things that result in you feeling stressed, and you have learned methods for controlling the level of stress you feel. In this last instalment of our Stress Management series we will give you other ways of coping with and controlling stress.

Acceptance

Some causes of stress are outside of our control, such as a global recession or the death of a loved one. In such situations it consumes more energy fighting against the issue, than accepting it and working out how you can adapt your behaviour and beliefs in line with the situation.

Navigate the path – Stressful situations or incidents can mean that you will have to redefine your goals or action plan. Demonstrating behavioural flexibility is one recurring traits of successful people. Ask yourself, “How is this situation going to change my current plans?” “Are my goals still relevant or do I need to modify them?” “What are other ways of achieving my desired goals?” “What resources or support network do I have that can assist me?” By asking questions such as these and allowing your mind to run free, you will be surprised by the alternative solutions that present themselves.

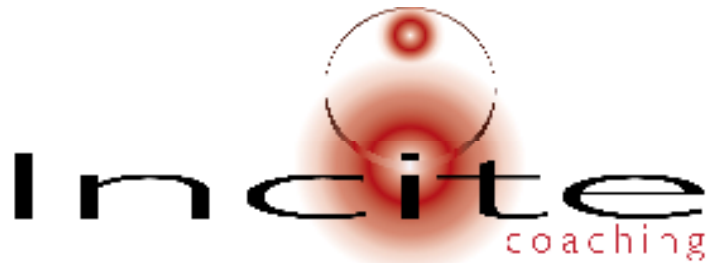
Commit to personal development – What can you learn from this situation? It is quite often those challenges that we face, that give us the biggest learnings. Richard Branson learned how to run successful businesses by learning from those previous businesses which weren’t profitable. How can you develop yourself and your knowledge from this situation?

Speak to a friend or confidant – ‘A problem shared is a problem halved.’ We have all heard this saying before and it is true. Speak to a friend, loved one or confidant about your feelings. Expressing your feelings is extremely cathartic and you’ll be amazed at how much better you feel afterwards.

Have Fun!

When you are in the midst of fun and excitement, are you stressed? The answer more often than not, is no! So make time for fun and excitement. Enjoy your life and you will be in a better place to handle and cope with stressors.

Diarise fun time – Busy schedules and over commitment can often mean that there just isn’t enough time in the day for fun and relaxation. Time is the one thing that is constant. We all have 24 hours in a day. So how do some people manage to fit everything they want into their 24 hours and others feel like they are continuously chasing their tail? The answer is to diarise ‘You’ time. Write it in your diary or planner, just like you would a meeting and commit to it.



Socialise – Get out and socialise with your friends, colleagues and loved ones. Meet new people. Spending time with other positive people will see their positive energy rubbing off on you. Having that strong support network around you, will also help you get through difficult times.

Do something enjoyable everyday – This is different for everybody. It may be making the time to read a book, take a bath, play with your kids, or take the dog for a walk. Whatever it is, make some time every day to do those things that you enjoy.

For more information on reducing your stress levels in your life, call 02 9560 4407 or email Jennifer@incitecoaching.com.au