

Just my two cents: Too stressed for success

Posted by [Elizabeth Brummond \[SA\]](#) Aug 1, 2014

Success is an elusive creature; stress doesn't help because it, in general, lowers productivity.

We are all stressed with too much work, too little time, and way too much information thrown at us due to the wonders of technology.

I've gathered a few simple steps to lower your stress level. Of course, you may be too busy to remember to try them. Print this out (sorry trees) and tape it to your wall.

1. Eat breakfast – long before nutrition guidelines, our mothers told us to eat a good breakfast. Mother is always right.
2. Fatigue can be caused by dehydration. Drink plenty of water throughout the day to avoid that three-o'clock slump.
3. Get up. Give your eyes a break from the screen and get your circulation flowing again. Look out the window or just take a quick walk up and down the hall.
4. Soak up the sun. Go outside, let the sun do its magic. Exposure to nature (plus the vitamin D) is amazing at stress relief.
5. Don't eat lunch at your desk. Take a real break during the work day. Besides, there's nothing less attractive than crumbs in a keyboard.
6. Breathe – stop a moment to calm your mind. Inhale to the count of seven, hold for four, exhale to the count of seven. Repeat several times and you'll feel your muscles relax.
7. Take a vacation. Americans work too much and take too little R&R. Even a long weekend will help recharge your batteries.
8. Lower expectations – pad the time you think a project will take; you'll feel a definite relief knowing you have plenty of time to meet the deadline. Plus, if you finish ahead of time, you look like a superstar.
9. Keep your sense of humor – make yourself smile. It's proven that, just by smiling – even if you don't feel like it – your mood lightens. Remember my penchant for the site, LOL Catz (<http://icanhas.cheezburger.com/lolcats>), in my last blog? Try it; it's addictive so be careful but, when I'm really on the edge, I go to the site and, basically, end up falling off my chair laughing.
10. Turn on the tunes – music “soothes the savage beast...” Dance as if no one is watching... No one probably is – they have enough on their plates. I recommend “Y.M.C.A.” If you see me waving my arms in the air, trying to form the “C,” laugh. I am. (If you don't know the song, look up the Village People – and disco).

For a laugh to help lower the stress, see [You May Be Stressed If...](#)

74 Views Tags: [stress](#), [less stress](#)

[Alfred Dahdouh](#)

Sep 8, 2014 6:43 PM

Great Tips Thanks.

[Elizabeth Doan](#)