

Subject line: How to Avoid Stress at Work



Monday Morning Motivations from LeAnn

While some workplace stress is normal, too much can interfere with your productivity and impact your health, not to mention make you down-right grumpy. That's why it is so important to avoid unnecessary strain, tension and anxiety.

Here are few tips for steering clear of stress at work:

- Communicate kindly to improve your relationships with coworkers and leaders.
- Avoid knee-jerk responses and negative attitudes that add to the stress.
- Don't jump on the stinkin' thinkin' bandwagon. When others start spewing negativity, refuse to listen, casually leave the room, or add a positive thought.
- Focus on the things you *can* control. Many things in life are beyond your control, especially the behavior of other people.

Rather than letting others add stress to your life, avoid that and focus on what you control...the way you choose to interact and react.

If you are distressed by anything external, the pain is not due to the thing itself, but to your estimate of it; and this you have the power to revoke at any moment.

Marcus Aurelius Antoninus (121 AD - 180 AD)

LeAnn
