

DESTRESSING AT HOME AND IN THE WORKPLACE

8 ways to relax

At one point or another, we all get stressed. Stress is part of life and it is important to know how to take moments for yourself. What helps to destress one person may not work for everyone else. It is important to find what works for you and stick to it. Below are 8 things you can do to try to relax at home and at work.

01.



Exercise. Whether it is running, walking, yoga, or even hula-hooping, find a way to get your body moving and pump up your endorphins.

02.

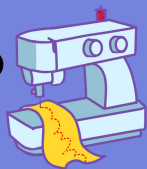


Take your breaks outside of the building and away from your desk. Walk to a coffee shop, sit in your car and listen to music, or go to a nearby park.

03.



Find a hobby. Learn to sew, take up photography, try your hand at gardening. Find something you enjoy doing away from work.



04.



Manage your time. Keep track of your projects and priorities. Make a list of things you want to accomplish. Include your personal goals.

05.



Meditate, journal, or doodle in your notes. Writing things down is a great way to take all your built up stress and let it all out on paper.

06.



Take walks or eat your meals outside of your work environment (away from your desk, building, etc). Go to a nearby park, sit down and enjoy your “ME” time.

07.



Take a mental health day. When you have the time, try to take the whole day to focus on your mental health. Do something you love that makes you feel happy and relaxed!

08.



Take time to talk with coworkers about life. During breaks, chat with coworkers about weekend plans or your favorite hobby.

WAYS TO AVOID BURNOUT



1

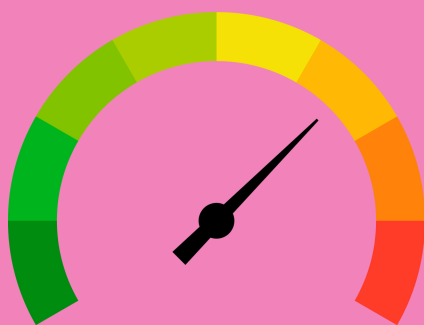
Separate Work and Home



Meaning no checking emails at home or minimize the time looking at work emails. No work calls on your day off.

2

Know Your Limits



Learn to say no or ask for help. It is perfectly fine to reach out to ask for help. Remember it is ok to say no in certain situations.

3

Avoid Energy Vampires



Some coworkers start their day with a negative attitude. Try to avoid listening to their constant negativity and remember to keep a positive outlook.

4

Manage Your Time



Have an organized plan for your everyday life. It is important to understand what should be prioritized and what projects can wait. Planning helps you visualize your days work.

5

Take Vacations or Time Off



Remember it is ok to take time off. Taking time away from work and spending it with friends and family is a great way to take your mind off of work.

6

Have a Personal Support Group



Form strong relationships with friends outside of work. It is essential to have a support group outside of work. This creates a positive work life balance.