

The 6 step anti stress plan

1 Facts and feelings

Stress is about feeling out of control. Note - it is about 'feelings' which might not be supported by the 'facts'. Separate facts from feelings.

PROCESS

- Take two pieces of paper one headed 'feelings' and the other headed 'facts' and list them. Take care not to contaminate the facts lists with your feelings.
- You have now physically separated the facts from the feelings
- Now go through the facts and prioritise them in terms of pain/impact and set strategies for changing them
- Now notice how your feelings change even before you have actually done anything
- You have started to take back control

2. Dump

What could you push back on and get them off your list altogether?

Remember all the various things which people ask of you are testaments to how much they trust you and value your skills. However, they won't value or trust you if you fail to deliver through taking on too many tasks.

3. Delegate

What can you put on others to do lists?

OK things might not get done the exact way you want but they will get done. You will not perform to your high standards with too much on your list. Also remember you are complimenting others by delegating to them and it gives you an opportunity to acknowledge them and their capabilities when they deliver well.

4. Do

What have you been putting off?

Grasp the nettle and do some of them today. As you have discovered they are seldom as tricky as they appear once you get started -you have just built up that perception which grows the longer you delay.

5. Break the routine

Change something – anything even times of meetings and how you get to work.

By changing even small things you regain control. You have recaptured your space. This can be great fun too.

6 Create some quality time for yourself - however short

Even a deep breath at the most stressful moment constitutes quality time.

Maybe a 10 minute walk in a nearby park or a glance at the colour of the sky. Extend this to doing something you have always wanted to do or something you liked doing but have stopped. You only have to do it once – don't add more pressure by trying to make it a routine -see break the routine

Want some more ways of creating some stillness in your life? Contact me now and I will tell you how.