



THESE 8 STRESS BUSTERS WILL MAKE YOUR JOB EASIER AND LIGHTER

EVERYONE EXPERIENCES STRESS, ESPECIALLY IN AN OFFICE OR IN A PHILIPPINE CALL CENTER.

BEING STRESSED NOT ONLY AFFECTS YOU **MENTALLY** AND **PHYSICALLY** IT CAN ALSO MAKE YOU VERY **UNPRODUCTIVE** WHICH CAN AFFECT YOUR WORK **NEGATIVELY**

STRESS CAN SOMETIMES BE UNAVOIDABLE AT WORK, SO IT IS BEST TO COME PREPARED WITH SOME EFFECTIVE **STRESS RELIEF MEASURES** THAT WOULD HELP YOU BECOME **ENERGIZED** AND **FOCUSED** AT WORK



WITH THAT IN MIND, HERE ARE 8 STRESS BUSTERS THAT WILL MAKE YOUR JOB THAT MUCH EASIER.



STOP MULTITASKING

The tasks in your office can get overwhelming. But however tempting it may be, don't try to do all of them at once. This can lead to multi-tasking and not being able to finish your tasks on time. Instead of trying to do everything at once, it is best to list down each task accordingly and finish them one by one. This will help you make the most of your day, increasing productivity.



LISTEN TO YOUR FAVORITE MUSIC

Listening to music is one of the best stress-relievers you can do. Music stimulates your mind and body, helping you become more energized and motivated to accomplish more work during the day. Having a nice office music playlist is one of the best ways to keep yourself focused at work. In fact, you can also create a music playlist for the whole office to enjoy!



MEDITATE AND BREATHE

Sometimes, the best way to relieve stress is by taking a short breather and doing some peaceful meditation routines. This will help calm you down and improve your focus at work. Breathing and yoga exercises are some of the best stress busters around as they encourage you to become very calm and keep on working.



DO SOME SIMPLE OFFICE EXERCISES

Physical exercise is also a great way to relieve stress as it can help get rid of body pain while also improving blood flow throughout your body. The extra energy that you can get just by doing a short exercise routine around your office desk will give you that energy boost that will get you through the day.



WORK AROUND PROCRASTINATION

Procrastination can be one of the biggest things that can hamper your work and ruin your productivity. Instead of distracting yourself with unnecessary tasks and actions, it is best to push through and keep working on your tasks until all your stress is relieved and all of your work is finished.



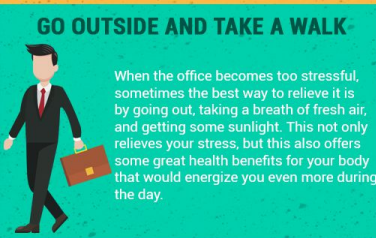
ADDRESS CONFLICT

Conflict can be the cause of unhealthy office relationships that can incite gossip and bad productivity at work. Keeping a harmonious and healthy work relationship while addressing and resolving conflict together is key to avoiding issues that can cause even more stress in the office.



USE STRESS-RELIEVING ITEMS

Having stress-relieving items on your desk is also a great way to get rid of tension when things become heated in the office. This allows you to release frustration and puts you in a calm and rational state of mind. The next time you feel stressed, make sure you have a stress ball or fidget cube with you!



GO OUTSIDE AND TAKE A WALK

When the office becomes too stressful, sometimes the best way to relieve it is by going out, taking a breath of fresh air, and getting some sunlight. This not only relieves your stress, but this also offers some great health benefits for your body that would energize you even more during the day.