

MAKE STRESS A SUCCESS in SEPTEMBER.

Understanding what contributes to our individual stress can make us healthier, happier and more efficient.

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| | | | | 1 st There is nothing more important that you will do than spread energetic, positive, passionate vibes. Cope | 2 nd Identify your first signs of stress. What are you going to do when you notice them? | 3 rd Sleep rebuilds so find a sleep pattern that works for you and try to stick to it. | 4 th Take some time to sort out what is 'stuff' and what is really important to you. | |
| 5 th Coaching helps to prioritise, focus. reduce stress and increase success Check out Signposts coaching packages | 6 th . Not all stress is bad. Accept that well managed stress can increase confidence and success. | 7th Checking on others and showing support will reduce your own stress levels. | 8 th Just stop! Time to reflect or just to 'be' is a powerful anti-stressor | 9 th Find what you LOVE about your job and do more of it. | 10 th Practice saying NO. Really evaluate the impact of what you keep saying yes to. | 11 th Designate a specific 'worry' slot so that niggles don't disrupt your day. | 12 th Take regular breaks. Moving from your desk increases your focus. This includes a decent lunch break. | |
| 13 th " Enjoy the little things for one day you may look back and realise they were the big things" Brault. | 14 th If you can't fit your 'to do' list on a post-it then it probably won't fit into your day. | 15 th Identify a colleague / friend you can talk to if you feel stressed or overwhelmed. | 16 th Give a stress diary a go this week. It could help understand the triggers and how you handle stress. | 17 th Recognise there will be times when you lose focus. Give yourself space to rethink and recover. | 18 th Don't be ruled by your emails – identify set times for you to check and respond. | 19 th Accept that there are some things that you cannot change or solve. | 20 th Choose to be positive and look for successes in everything you do today. | |
| 21st Get to work on your critical inner voice. YOU control the way you speak to yourself so be kind | 22 nd Find ways to reward yourself for your achievements or for steps along the way. | 23rd Gratitude is known to lower cortisol so get out there and reduce stress by saying thanks. | 24 th Focusing on what could go right increases your ability to cope with stress. | 25th Eat the 'ugly frog' first. Get that tricky or worrying task out of the way. | 26 th Remember to be thankful and show appreciation to others. This one is a win-win. | 27 th Don't spend more than 5 minutes worrying about something that won't matter in 5 years. | 28 th Put a time limit on tasks – it keeps you focussed and makes you more productive. | |
| 29 th Take a break – set a regular 'do not disturb' on your phone so you have time for you. | 30 th Exercise in its many forms reduces stress. Make an October 'fit and well' plan. | <p>We work with teams to increase effectiveness, success and well-being.</p> <p>Please get in touch if you think we could be part of your next step.</p> | | | | <p>SIGNPOST COACHING SERVICES 07909808220 welcome@signpostcoaching.co.uk</p> | | <p>If nothing seems to work and you feel stressed everyday – don't ignore it. Seek help</p> |