

Stress Busters

Know your personality type – do you need to be alone or with others to regenerate? This helps you understand others point of view. And it helps you know which stress busters will work for you. Pick one, and be consistent over a set period of time.

CALMING – if you need to stay at your work space. Introverts recharge when they are on their own.

- Clear clutter! Clear the stress away – does it bring Joy? as Marie Kondo says...Have only personal items that you can see and bring you joy.
- Personal journal of gratitude - write or post notes of thanks, positive comments, inspirational thoughts; Send a compliment to a co worker. Change "I **have** to do this" to "I **get to** do this and I'm grateful because..."
 - Remind yourself you are doing a great job.
- Use your mind - Scan to acknowledge comfort or discomfort in your body. Is this temporary?
 - Move – hands, fingers, feet, neck, shoulders, hips, jaw
- Breath or Meditate, be mindful - as little as 1 minute for becoming calmer, more energized or relaxed. Could be as simple as focusing on the taste of your coffee, or how refreshing your water is. Drink water!
- Feet on the floor, hands together or on firm surface – get grounded, be aware of your body to recognize, observe and ease tension
- Smell – inhale a calming essential oil such as lavender, or energizing like a orange.
 - Listen to music – what makes you feel the way you need to feel?
 - Read – something non work related for a set period of time.
 - Imagine an ideal vacation - Free your mind for a set period of time.
 - Bring a plant - and tend to it; have flower(s) at your work space.
- Eat or plan a healthy meal or snack – consider how you feel before and after.

Avoid drops in blood sugar.

 - Reach out to someone you can count on – professional or friend
 - Watch funny videos – dogs, cats, people

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ENERGIZING – do you need to be with others? What's right for the situation? Connection is a known stress breaker. Laughter builds bridges. Extroverts need to connect with others to recharge.

- Move! Away from your desk/workspace, and with others. Stand up & sit down, walk to or up & down stairs, walk hallway, do Yoga, lift weights, have lunch in different places.
- Get outside!!! Green space preferably. Take your shoes off. Look for water features as well.
- Walk or Bike to work, even part of the way or walk from further than you normally do.
- Work together and play together - Solve an actual puzzle, riddle, problem solve, create special event, games, mini putt, play chess, Euchre, cribbage.
- Have a public space for gratitude; see above. Why are you grateful? What is there to be positive about? Remind other they are doing great things.
 - Eat with others - have coffee or tea or food with others. Drink water!
 - Encourage interactions with dogs/cats – consider visiting therapy animals.
 - Mail delivery - Personally deliver memos and mail.
- Connect with friends, family, loved ones - Take time to text or talk with family or friends.
 - Laugh with others. SMILE! Share a funny cartoon or video.
- Check in on yourself and others – Use organizational behaviour or Positive Psychology tools to assess how you're doing, how your team is doing.

3 things will help the most: Breathing, moving, and knowing you are not the emotion that others bring to you. Choose well for yourself.

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