

Facilitate

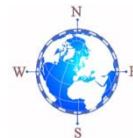
Dominate



10 Tips For Relieving Stress

Trainer Leadership & Development
MISSION READINESS COURSE

ROSSGROUPTRAINING



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- I. Pace yourself and help your employees to do the same.
- II. Calm the body and soul by taking a walk. If you cant go around the block, go around the printer.
- III. Avoid high pressure lunches. Go to lunch with friends or by yourself.
- IV. Consider your personal body rhythms and those of your staff. Work on tough projects when you're most productive and least harried.
- V. Determine the events and situations that produce the most stress. If you can, try to control or eliminate them.
- VI. Put people and situations into perspective. Not every task is a matter of life or death.
- VII. Don't try to be perfect. Continuous food work is a worthy goal.
- VIII. Learn to say no. Accepting every request puts added pressure on you.
- IX. Be realistic about your career expectations. You may not be able to achieve the goals you set 20 years ago. Look for challenges and satisfaction in your current position.
- X. Don't take work home every night. Develop leisure activities and spend time with family and friends.

