

Title:

10 Ways to Manage Work Stress for Women

Word Count:

745

Summary:

Women are much more vulnerable and susceptible to workplace stress because of their varied roles.

Keywords:

stress and anxiety, anxiety panic attacks, stress relief

Article Body:

Women are more prone to workplace stress because of the many roles they play in life: as career women, mothers, and wives.

The question is: How can women cope with stress and anxiety? The first step is to dissect the stressors.

Stress is a combination of fatigue, restlessness, depression, over-focusing, and over-all gloom.

But there's still hope for over-worked, stressed women. Here are some practical ways for women to manage stress.

1. Put up relaxing scenes- It could be a poster or a small painting with beautiful scenery.
2. The To-Do-List- Use that Post-Its or other stick-on note pads. Color-code your notes.
3. Time out - As they say, "All work and no play makes Jack a dull boy." Take some time for yourself.
4. Rearrange your workstation - Add some "homey" look to your workstation... put up photos.
5. When a plant isn't just a plant - Having a plant around your workplace is good stress relief.
6. Exercise - Walking, climbing the stairs, or going out to run helps fight stress. Physical activity releases endorphins.
7. De-clutter- A cluttered workstation like pens, pencils, notepads, tons of papers spread out.
8. Set Boundaries- Communicate and assert yourself, make your co-workers know when you are busy.
9. Go less in your caffeine intake- caffeine even is popularly known as a stimulant, too.
10. Eat a good breakfast- Don't skip meals even if you are indeed in a hurry. Studies show that eating a healthy breakfast can help reduce stress.

Beat work-related stress without beating yourself up. Learn how to relax. Sure...we have duties.

This is a demo version of txt2pdf v.10.1

Developed by SANFACE Software <http://www.sanface.com/>

Available at <http://www.sanface.com/txt2pdf.html>