

Title:

Pampering For The Working Professional: Ten Tips For A Balanced Work And Social Life

Word Count:

1430

Summary:

Health experts worldwide resoundingly agree that workers in all labor categories must maintain

Keywords:

entertainment,London entertainment,London hot spots,alleviating stress,exclusive London events

Article Body:

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We have all heard of the dangers of stress and overwork. But what about those of us that love

While this article is about offering you the reader ^tips~ on developing that balance, it is i

An awareness of your stress levels or symptoms of stress can give you a hint that you need mor

- Migraine's or headaches occurring more often
- Inability to concentrate
- Not wanting to get up in the morning or insomnia
- Over-tiredness
- Sudden mood swings not normal for you
- Isolation from friends and family

The last bullet point mentions isolation. Isolating activities such as going to work and sittin

- Organize a social calendar. Just like your daily ^to-do~ lists at work, start planning a soc
- Dine out. Many professionals in the work force are starting to see the satisfaction and plea
- Dance the night away. The benefits to a night out of dancing could never be overstated. The
- Soothe your soul with music. Take in a concert or musical affair. Choose your favorite music
- Exercise. Consider membership in a health or fitness club. A healthy physical body will give
- Take in some culture with art or theatre. Museums and the theatre are fantastic venues in wh
- Getaway to a fine hotel or spa. From a great deal of research and personal experience, three
- Go shopping. Indulge in a shopping trip every now and then. All of us need to treat ourselve
- Involve your co-workers on your social calendar. There is nothing better than the buddy syst
- Breathe. This may sound simple and unimportant because it is a natural activity we take part

These ten tips are by no means the only ways to build a social life and maintain a balance bet

Remember that it's not always about where, how or how long or with whom you socialize. Sociali

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