

Creating Corporate Wellness — Managing Stress

Having the right amount of stress can make the job interesting and challenging but too much or too less can lead us to workplace burnout.

By Greg Kinnaird

Two main questions were posed at the recent Innovation Forum facilitated by the Australasian Management Centre. They were:

1. How to find balance within my life?
2. How can you tell if someone is getting burnt out?

The theme of the Innovation Forum was – Creating Corporate Wellness.

It is important to understand that stress is just what happens to motivation when there is a poor match between you and what you are being asked to do and the way that you are being asked to do it. Stress is often motivation that has gone bad.

This is why it is vital that you find balance within your life. You will find great value in constantly asking the following questions, especially in the following 7 areas.

PREDISPOSITION

How much pressure do I feel and put on myself?

PHYSICAL FITNESS

Does my current level of “regime” maintain my desired fitness and health for the future?

NUTRITION AND DIET

Am I maintaining a healthy and nutritious diet?

PERSONAL WELL-BEING

Am I looking after my body by avoiding substances or practices that are likely to cause me short or long term harm?

EMOTIONAL BALANCE

Do I feel emotionally comfortable most of the time?

EMOTIONAL HABITS AND CONTROL

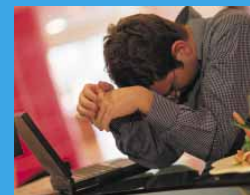
Do I consciously listen to my internal feelings and thoughts and then control my life and environment as much as necessary to effect the level of control that I feel I need?

WORK LIFE

How do I really feel about my work and how can I manage and control it rather than it controlling me.

Case Example – Heading for burn out

Here is a sure-fire way to you can tell if you are stressed....Your alarm clock rings at 6.30am and your immediate thought is.... “aghhhh, I have to go to work”.



You can then feel your stomach muscles tighten as you shower before you have breakfast – that you know you should have. You are frustrated because you don’t have time to eat because of your procrastination to get out of bed.

Then, you arrive at work, where the minutes seem like hours because you can’t seem to break free on the job that has you shackled like a slave in a coal mine.

Hopefully the person in this story is not you — if it is, read on if you dare!

You arrive home (late), you are now probably questioning your abilities because the job is sucking the life and energy out of you — you don’t want to talk to anyone.

Eventually you crawl into bed for another restless night sleep – just like you had last night and the night before that...only to be woken at 6.30am by your alarm clock and a voice inside your head saying.....“arghhhh, I have to go to work”. It seems like a never ending story.

Hopefully, you can’t relate to the person in the case study.

If you can relate situation, it would be wise for you to reflect on the 7 seven questions outlined at the beginning of this article. Discuss your situation with a close friend or family member.

Remember, stress is brought about by things outside of my control. The key question to ask yourself is - what can I do, to bring back control? ■