

ERC-East Stress Management

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“The world is too big for us. There is too much doing, too many crimes, casualties, violence and excitements. Try as you will, you get behind the race in spite of yourself. It is an incessant strain to keep pace and still lose ground. Science empties its discoveries on you so fast that you stagger beneath them in hopeless bewilderment. The political world witnesses new scenes so rapidly that you are out of breath trying to keep up with them. Everything is high pressure. Human nature cannot endure much more.”

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A lecturer, when explaining stress management to an audience, raised a glass of water and asked, “how heavy is this glass of water?”

Answers called out ranged from 20g to 500g.

The lecturer replied, “The absolute weight doesn't matter. It depends on how long you try to hold it.”

“If I hold it for a minute, that's not a problem. If I hold it for an hour, I'll have an ache in my right arm. If I hold it for a day, you'll have to call an ambulance.”

“In each case, it's the same weight, but the longer I hold it, the heavier it becomes.”

He continued, “And that's the way it is with stress management. If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we won't be able to carry on.”

“As with the glass of water, you have to put it down for a while and rest before holding it again. When we're refreshed, we can carry on with the burden.”

“So, before you return home tonight, put the burden of work down. Don't carry it home. You can pick it up tomorrow. Whatever burdens you're carrying now, let them down for a moment if you can.”

“Relax; pick them up later after you've rested. Life is short. Enjoy it!”

And then he shared some ways of dealing with the burdens of life:

- Accept that some days you're the pigeon, and some days you're the statue.

- Always keep your words soft and sweet, just in case you have to eat them.
- Always read stuff that will make you look good if you die in the middle of it.
- Drive carefully. It's not only cars that can be recalled by their maker.
- If you can't be kind, at least have the decency to be vague.
- If you lend someone \$20 and never see that person again, it was probably worth it.
- It may be that your sole purpose in life is simply to serve as a warning to others.
- Never buy a car you can't push.
- Never put both feet in your mouth at the same time, because then you won't have a leg to stand on.
- Nobody cares if you can't dance well.. Just get up and dance!!
- The second mouse gets the cheese.
- When everything's coming your way, you're in the wrong lane.
- Birthdays are good for you. The more you have, the longer you live.
- You may be only one person in the world, but you may also be the world to one person.
- Some mistakes are too much fun to only make once.
- We could learn a lot from crayons. Some are sharp, some are pretty and some are dull. Some have weird names, and all are different colors, but they all have to live in the same box.
- A truly happy person is one who can enjoy the scenery on a detour.

From the files of KC9EIZ -

- A. TAKE SIX DEEP BREATHS - Breath in through your nose, out through your mouth. Take time to notice how your abdomen expands as you fill it with air.
- B. VISIT THE BAHAMAS - or any other pleasant scene from your past. How? Imagine it! Visualize the scene in detail. Stimulate your other senses too. Smell the salt air. Feel the warm sun on your skin. Hear the waves crashing on the shore. Taste the water. In just a couple of minutes you'll recapture the pleasure of actually being there.

- C. STRETCH - Stand up. Raise your arms above your head. Stretch left and hold 1-2-3-4. Stretch right and hold. Repeat several times.
- D. HUG SOMEONE - Four hugs every days will do a lot to calm you down.
- E. CHANGE THE SCENE - Walk to your window, and watch the birds. Take a stroll around the shop floor. Go outside, and breathe deeply for two minutes.
- F. FIND A FRIEND - Choose a patient soul, one who won't butt in or give advice, to listen to your complaints.
- G. TAKE AN EXERCISE BREAK - Take a brisk walk at lunch. When your mind is cluttered, move your body. Exercise will improve your frame of mind.
- H. HAVE A GOOD LAUGH - Pull a joke book out of your pack and read it. Visit with a co-worker who is known for a find sense of humor. Or just laugh. Your spirits will rise immediately.
- I. GET A FRESH OUTLOOK - Stress often comes from taking ourselves and the job too seriously. Lighten the load by asking (and answering) the question, "What's the worst thing that could happen if ... I made a mistake?" or "we missed the deadline ?" The actual consequences are usually not nearly as bad as the ones we imagine.
- J. FINISH SOMETHING - Bogged by lengthy and complex projects? Give yourself a quick sense of accomplishment. Pick a task you can easily finish in the next ten minutes. Then do it.
- K. PLAY - A few minutes spent playing brings renewed energy and concentration to the job. Use your break time to work a crossword puzzle or play a computer game.
- L. CHANGE YOUR FOCUS - Put your job concerns aside for five minutes, and concentrate on your life away from work. Plan how you will spend this evening or the weekend. Think of those friends you've been meaning to call, and decide when you'll do it. Check to see if you need to stop at the marked on the way home. Think up a nice surprise for someone you care about. As your mind gets busy with these kinds of thoughts, you'll find that your stress will begin to fade away. In just five minutes or so, you'll be able to get back to work with new vitality.
- Take on only those tasks you can handle. Don't overload yourself
 - Prioritize your actions. The most important and time sensitive come first
 - Don't take things personally
 - Relax when you can as often as you can.
 - Don't work more than your assigned shift if there are others who can take over

- If you feel like you are losing, it ask for help
- Think before you respond to a stress inducing situation
- Talk to other team members. You'll be surprised how much it helps
- Drink lots of water