

## Dealing With Stress

Recently, a client asked me, “how can I get rid of my stress?” “Living in a world without stress isn’t the answer” I replied “Life would either be very dull or you would be unconscious.” The issue isn’t ‘how do I get rid of my stress’. Stress can have its benefits. The real issue is ‘what is the best way to deal with stress’?

For this client and for others, I suggest doing a P.U.L.S.E check as a way of managing the stress in your life.

### **P- Plan your time and get organized**

- Set priorities (with completion times) for the tasks you want to complete.
- Make a weekly schedule spacing out the activities and balancing obligations.
- Avoid procrastination... do it, dump it or delegate it.

### **U- Understand the situation**

- Step back and view the situation from a different vantage point, gaining the big picture is key to understanding how to manage the situation.
- Evaluate what activities (both mental and physical) are depleting your energy (not your time but your energy). Make some choices about what to keep and what to remove.

### **L- Let loose and be positive**

- Get happy. It’s been proven that happier people live longer, have less physical problems and are more productive. Manage your stress by enjoying your life.
- Replace criticism with encouragement. Motivate yourself with choice not fear.
- Choose. Your happiness (or your misery) depends upon what you tell yourself, how you treat yourself, and how you interpret your world. Take a more positive approach to life.

### **S- Surround yourself with a good support network**

- Question if your current support system is a help or a hindrance. Choose people who can be of benefit to you.
- Form a network of people (mentor, coach, friend, or confidant) who can help provide the resources and perspectives you need.

### **E- Exercise and stay healthy**

- Exercise your body. Your health and productivity depend upon your body’s ability to bring oxygen and food to its cells.
- Eat a balanced diet.
- Sleep 7-8 hours a night allowing your brain and body to get the rest and repair it needs.

Managing stress is an ‘inside job’. I encourage you to check your P.U.L.S.E. rate regularly and enjoy what opportunities 2007 holds for you.

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