Mind

Mental Wellness In the Workplace

Being stressed at work can make it difficult to overcome work-related obstacles. Using effective de-stressing techniques can help manage your workload, overcome lasting stress, improve your output and decision-making skills and have a positive effect on your overall wellbeing.

Here are some proven techniques to reduce stress in the workplace:

1. Organise & plan your day

Mindfulness is simply an awareness of the present moment, with an attitude of openness and acceptance. This simple practice can change our habitual reactions and emotional patterns and bring in a new perspective.

2. Prioritise your most challenging tasks

Sometimes it feels great to tick off a whole lot of smaller tasks but leaving the most challenging ones till later can feel daunting and increase stress. Try do the most challenging tasks first thing and you should feel a great sense of accomplishment, which reduces stress and makes the rest of your day more manageable.

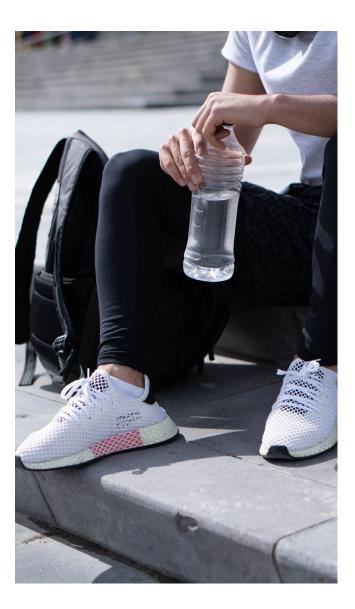


3. Incorporate walks into your day

Taking a walk, even for a few minutes, can help you release tension and increase productivity.

You can incorporate walks into your day by having walking meetings if you don't need a computer or screen. Walking meetings have been shown to increase brain function, stimulate creativity & innovation, improve memory and more easily resolve conflict.





4. Have daydream moments

Sometimes we are so deep in the thick of work we don't give ourselves the opportunity to 'daydream'. Pausing for a while and thinking about; creative and innovative ways to do a project, a new and different concept that could benefit you or your department, or simply what you want to do this weekend, let's your mind relax and feel more prepared for what the rest of the day holds.

5. Exercise

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6. Laughter is the best medicine

Studies show that humour is a natural mental health remedy and the ultimate stress relief medicine because it increases your endorphins and reduce your stress hormone (cortisol) levels. And, weirdly enough, it can also improve your memory and facilitate learning.

It's also contagious, so be a good Samaritan and laugh today.