

Taking action for your wellbeing

12 great and simple anti-stress techniques
for the maintenance and recovery of health,
wellbeing and effectiveness !





What is stress?

A sudden change arises in your life or at your workplace, for example, a new program, a move, work reorganization, a transfer of position, new procedures, a problem with a colleague, or you are asked to take on additional work from an absent employee. Facing these changes, your body will react, looking to realign itself. Life is about an ongoing adaptation to various situations. This mechanism is recorded within our physiology. Whatever stressful situation we face, our brain reacts in the same manner, producing a succession of bio-chemical reactions, preparing us for action. The resulting action enables us to adapt to the new situation. Our survival depends on this fight flight response. This has been the case since the dawn of time. Thanks to stress, our body becomes better prepared to act.

Normally action and rest follow one another without really bothering us. However, faced with a situation of continued danger, whether real or subjective, the stress process becomes chronic and generates hyperactivity of the nervous system, resulting in an accelerated ageing of cells, and various other conditions such as irritability, fatigue, insomnia, palpitations, anxiety, etc. Nowadays, all this takes place when we are effectively confronted by psychological stress - a situation whereby we are prepared for action but that action itself fails to occur.

Chronic stress is actually disruptive. A normal healthy body is designed to withstand about one or two big stress per day, while we experience a lot more every day



Stress at work



Stress at work emanates from an imbalance between what is required of an employee and the resources he/she has at his/her disposal in response. Work content, the manner in which it is organised, labour relations, and the physical and socio-economic environment will all determine the conditions for the occurrence of stress. It can also result

from our perception of a situation, e.g., the pressures that we impose upon ourselves or those that we presume are placed upon us. Personal difficulties can increase job stress: illness, death of a loved one, financial problems, family tensions, etc. Like it or not, faced with all these different types of stress, our body will secrete various substances that will accumulate in the body. This accumulation can become toxic.

Some say : "Stress is good for performance and efficiency !" Unfortunately, studies show that in a large majority (70%) stressing an employee diminishes his/her performance.

There is a direct link between the level of stress and the disease rate. When people take better control of their lives and their workloads, and they are treated in a manner which is more equitable and just, the disease rate lowers.



Recognise and accept the problem: the starting point of change

I have the right to be what I am. I have the right to feel stressed, weakened or fragile. I can recognise and totally accept this state. Rejection and guilt over my own state does not help me. Only through this acceptance does this enable me to embrace and find the resources to transform this state.

In front of the mirror, look in your eyes and say: "I totally accept myself as I am". Even if it is sometimes difficult, repeat the exercise with benevolence and respect. When it seems insurmountable, think about getting help and support.

Not everyone is susceptible to stress in the same way. What's more, there are times in our lives when we are more resistant, and others when we are more fragile and sensitive. Nevertheless, recent studies show a growth of stress, in whatever position held. No matter what, it's always possible to act. Below, we propose the following points to implement in your life. When we discuss these points, it's really about making these small exercises a sort of daily routine for hygiene. We hope that these exercises, through practice and repetition, will allow you to tame stress and be a useful friend.

Anti-stress practices

1 I go for action !



Move regularly, do physically sustained exercise ideally for twenty minutes every day until you sweat. It's one of the best responses to stress - this task allows you to release tension, and toxins, and strengthen your body. Walking is one of the easiest ways to do this, and can be used anywhere:

- Take the stairs instead of the lift.
- Rather than struggling to find a parking space near the supermarket entrance, park further away and enjoy the act of walking and moving.
- From time to time, walk in the woods, in nature. It regenerates us.

If you doubt your physical abilities, please consult your doctor who can advise you best.

2 I breathe

Inhale deeply - give yourself some air. Air in the office or workshop can sometimes be stale and stuffy. If possible, open a window. Take time to breathe in slowly, deeply, and as consciously as possible, being aware of the air that enters inside you. Exhale gently and quietly, while keeping your attention on the outgoing air, which simultaneously expels your tensions and difficulties. Also a good method for giving attention to yourself.

3 I relax

Practice relaxation during the day and remember to relax the jaw, stomach, and shoulders. If necessary, stick a post-it at your workplace, with a smiley which will be your "relaxation reminder."

Just focus the attention on the part of the body to relax, and ask for release. Assiduous repetition will lead you to relaxation. It's an appointment with yourself and lets you take a step back.

Other ways to relax : a course in Nadi Yoga or Tai Chi Chuan, massage, a bath with scented oils, a good book ... You can also explore the power of Meditation, a moment with yourself.



4 I set my goals

Set your goals and your priorities, write them down, it lets you organise your days. By us not setting our goals and intentions correctly, without enthusiasm and motivation, makes us vulnerable and susceptible to stress of any kind.

5 I laugh

Humor is without doubt the preferred way (laughter yoga). Laughter has a positive effect on the body. Learning to laugh at oneself is a virtue but don't fall into the trap of laughing at somebody, this is not the same energy. Laugh and smile ... repeat them as much as possible!

6 I improve my ability to adapt

Change your habits. Although they are very useful in everyday life, habits make us fall asleep. For right-handed people, brush your teeth with your left hand (avoid this exercise with the razor!) Engaging with the side of the body which works less than the other can wake up our brain. Through these small, recently introduced gestures, we can develop our capacity to adapt.

7 I cultivate gratitude

Recognise all that's done for you, even little things. Cultivate gratitude in all circumstances, for others' qualities from whom you benefit and your qualities. Often say "thank you".

8 I give, I sow

We are interactive beings and don't take kindly to a lack of consideration. We just can't do without it. Despite you're not receiving it, even if you are entitled to it, start by giving to those around you, your loved ones, to those you like, and then to those whom you like less... just for the beauty of gesture. Sometimes a smile, a word of recognition is all that's necessary.



Caring for others, listening, it's a gift for everyone. It heals us and allows us to live longer! Taking care of the collective interest and generosity relieve stress. When you're doing well, you feel good, that's a selfish altruism.

9 I put things into perspective

Work isn't everything. Other areas exist where we can develop our qualities for the sake of a noble cause. Give yourself the means to pursue your passions outside of work as well.

Don't take everything personally. Sometimes it's good to hear our weaknesses, even if these are distorted by the teller. Accept his/her imperfections and yours without making these personal. Acknowledgement permits analysis, seeking an opinion of others and, if necessary, working on it to correct it. To deny is to prevent any progress.

When a situation appears too difficult, even insurmountable, interpret the situation as not being as dramatic as you think. Then observe what happens.



10 I speak with effectiveness and sincerity

Talk about what's right rather than focusing on what's wrong. Support progress and advancement, no matter how small. Nothing's perfect. Everything's about constant construction or reconstruction. Your life is today, yesterday's has definitely passed.

Turn complaint or criticism into constructive questioning. Faced with a problem - do I look for a scapegoat or do I look for a solution? What can I do which is gracious, intelligent, useful for this situation, for improving it ?

Dare ! Always say what you mean by using "I". "I'm annoyed" doesn't carry the same weight as "You get on my nerves". The use of "You" in an accusatory fashion can kill a relationship. Used with respect, the "I" positions us and allows the others to position themselves in relation to our assertion.

11 I live in the moment

Become aware of what's happening in the present. When a stressful situation arises, we react automatically, without even sometimes noticing its stressful nature. Living on autopilot always results in the same reactions. Become aware that we are stressed when it occurs allow ourself to create a little space to introduce something new.

Take a step back to introduce a new action (for example, conscious breathing). Psycho-physiological techniques such as dervish yoga, Tai Chi Chuan, or even some forms of meditation are well suited for our learning to live in the present.

We do not naturally adopt the techniques necessary when going through a period of uncertainty, discouragement, depression or anxiety. Sometimes we manage to find a listening ear, good advice and reassurance. Other times, we must turn to a specialist, such as a doctor, psychologist, psychotherapist, coach ...

We cannot ignore aid which can help us reconnect with our own healing forces, with the confidence that we will restore the "punch" that we need and which will sometimes help us give a new direction in our lives.

And for the stress "addicts", if burnout doesn't worry you, here are some helpful tips!

Seven foolproof ways to never get rid of stress!

(Excerpt from "emotional hygiene" Dr. Clara Naudi)

It's a question of putting all energy to other areas rather than finding solutions. So we let the nervous system of action prepare for action indefinitely without acting ourselves.

1. Complain.
2. Blame others or situations.
3. Make yourself feel guilty.
4. Maintain your negative emotions and justify them.
5. Never say clearly what you want and what you don't want. Dwell on your grievances in silence and especially do not clearly express your opinion.
6. Always think about what others owe you and never ask what you can do for others.
7. Do not have a goal in life.

Now, it is up to you to write the story ...

Thank you.

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