Stress and How to make it Work for You

Stress can come into our lives from all directions. Simply, we live in a stress-filled world. We can choose to look for ways to change these stress-filled situations or look for ways to make them work for you. Try these strategies to make stress work in your favor.

**Organize**

Disorganization often creates stress. Taking the "dis" out of “disorganization” can produce a sense of control in knowing what will happen, and in turn reduces stress, allowing you to find some peace.

**Create your environment to reduce stress**

Change the colors of the walls, floor coverings, and furniture to reduce stress. Hues such as cooling greens and blues are positive colors that can reduce stress and create a sense of well-being. Add aromatherapy to soothe the senses, and promote well-being and aid in sleep.

**Use stress as a teacher**

When in crisis, stop and think of how to use it to make things better. Make lemonade out of the lemons in life.

**Leave time for the unexpected**

Buffer your day and tasks with some extra time and avoid feeling rushed. If an unexpected situation occurs, it may require some extra time. Time is needed to perceive a crisis and to rally our internal and external resources.

**Choose friends carefully**

Your choice of friends can be key to reducing stress. Your friends should be people who help you to increase your ability to cope and create innovative solutions to stressful situations. They support and reaffirm that we are not alone.

**Stop and check yourself in times of stress**

Recognize any signs of stress like anger, over extension in outside activities, work and sleep habits. As you become aware of these signs, you are beginning to identify how to make stress work. Learn to be proactive not reactive to situations.

**Accept what you cannot change**

Acknowledge and accept what we cannot change by changing what we can. Make choices that are realistic, not totally out of reach.
**Don’t say yes to everything**

Don’t take on more than you can chew. Recognize what you are good at and work on projects aligned with your strengths. Avoid taking on too many projects which may result in loss of control and create unnecessary stress.

**Make decisions**

Indecision and procrastination increases stress. Good leaders make decisions and act on them. If a bad decision is made, re-evaluate and act accordingly. Learn from these lessons.

**Maintain a sense of humor**

Laughing at oneself can release potential stress from the inside. Plus, laughing can decrease your wrinkles rather than worrying.

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