

“STRESS-LESS On-The-Job!”

By Dr. Cindy Brown, “The Relationship Strategist”

This article was an inspiration from a group of people I met and spoke with this past weekend, that let me know how challenging it is to work in a demanding retail environment, with customer involvement, and within a big organization that expects them to produce at a constant volume of work, without regard for their own human needs.

Are you in a similar situation where you feel overwhelmed, overworked, underappreciated, (even abused by customers or staff) and come home each day overloaded, wanting to just unload your day, or relax and numb-out?

Have you turned to something (possibly something that is not an overall healthy alternative) to handle your stress? Is there a better way to handle stress on-the-job?

YES!

Here Are 3 Essential things you Must Start Doing in Order to Reduce or Eradicate your Stress:

1. Take Care of Your Needs First So You Are Able To Take Care Of Others

later: If you do not take care of your basic needs during your day, eating every 2-4 hours, going to the bathroom, drinking water, getting adequate sleep, you will not function at your best. Biologically your brain can not work properly when it isn't fed or nourished, you will be short tempered, easily triggered by customers, spacey and stress your body, which causes accelerated aging and hoarding of fat (release of cortisol).

2. Honor Your Needs By Setting Boundaries Then Taking Action:

You will need to force yourself to take a break, walk away from your tasks or job when your body tells you to. Stand up to your boss, or manager and tell them that your body is signaling you to take care of it and tell them what will happen if you don't. By law, you must have certain breaks every 2-3 hours. Consult the labor and employment laws in your state, they should be posted where employees congregate to clock-out. If you have a different employee set-up, try having a calm conversation with your boss to let him/her know what you need to be the best employee. If all else fails, get a doctor's note, sneak away when necessary to get your needs met, and if caught, explain in an extreme way with a doctor's comment thrown in here or there, or quit (don't kill yourself over a job).

3. Choose Healthy Ways To De-Stress After Work Each Day:

There are many ways you can relax and/or process stress each day. One of the worst and most common ways is to repress or numb yourself with anything (alcohol, drugs, T.V. , food, sleep). I recommend first **creating a transition ritual** to do after work each day that helps you process and work through your stress so you can let it go and so it doesn't build up. This should include:

- **Self-talk-** talking to yourself in a loving nurturing way helps soothe you. (I teach you how to do this in [my books](#) and in my [private coaching sessions](#).)
- **Walking off your stress-** exercise helps work through your stress physically, you can even walk around in the mall (retail therapy).
- **Emptying your basket-** call a friend and tell her everything. I recommend NOT doing this with your significant other, it kills the romantic mood. Do it before you come home (empty the trash).
- **Washing off the day-** take a shower, swim, Jacuzzi. Symbolically and physically, water washes away any negative energy from the day.
- **Taking care of your personal needs-** eat, bathroom, shower, errands, planning etc. so that you feel on top of your life.

To reduce or stop your on-the-job stress, you must take care of and honor yourself first! Otherwise you will not perform best in front of others or in service of others. I am sure you have seen this happen (I Have!). **So stop doing the same thing and expecting different results...that's INSANITY!** You are aging and killing yourself, jeopardizing your relationships, your marriage, and your relationship with your kids.

Is that what you want?

Change your relationship with yourself and you will have better relationships with others, with your health and with your life. Do it now!

Remember: In order to be the person you have never been, In order to have the life and relationships you have never had, You must do what you have never done before: [Give me a call 310-202-1610](tel:310-202-1610) or [contact me](#) so I can support you in having the best life you've ever had!

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