

5 EASY WAYS TO STRESS RELIEVE ON THE SPOT



There are very few Australians in the workplace that have been untouched by stress or mental illness. One in seven Australians have experienced depressive symptoms in their lifetime, with half alluding to job related issues as the cause of excessive stress.

However, there are many ways in which you can reduce stress, including making better food choices, exercise and getting support. But what can you do when you are in the office or on site and are needing that stress relief NOW? When that overwhelming feeling comes over you, don't allow that wave of stress impact on your physical or mental health. Here are 5 easy ways to stress relieve on the spot;



Take a walk around the block

Walking allows you to be rid of any tension in the body through breath and movement. Give yourself a 10-15 minute break during work hours to get out and about in the fresh air. And go easy! Keep the pace comfortable and stride short.

Meditate at your desk

You can actually practice Tai Chi without having to stand and position yourself. And if you have never practiced Tai Chi? No worries! This practice is very easy. Simply stop what you are doing and observe your breath. If your breath is rapid, slow your breath. Keep your feet flat on the floor with your eyes closed or open – which ever feels more comfortable. Take notice of your chest, abdomen and shoulders as they rise and fall. Do this for 2-3 minutes. You'll be surprised how relaxed you feel after this practice.

Take a smoke break (without the smoking)

Smokers actually have the right idea – they distance themselves from immediate pressures and remove themselves from the demands of their job. But what can you replace that cigarette with? Have a cup of tea or glass of water and remove yourself from the chaos. This can be the best practice for learning to handle daily pressure.

Turn on the music

Music restores harmony in the mind and body. It has an inimitable link to our emotions and can be a particularly effective stress management tool in the workplace. You can gain vast benefits when switching on soothing or upbeat tunes, as music is known to increase the levels of productivity and stimulate concentration.



Reach out to a colleague

Your network is one of the best tools for handling stress. The great thing about talking to a work colleague is that they may have the same concerns and worries as you do. You may also get a fresh perspective on what is troubling you, whilst keeping your connections strong. If you are new to the job or aren't too sure about speaking to other employees about your concerns, share what is going on with a friend, family member or a health care professional.

If you are interested in assisting yourself or your staff with stress relief, Spotscreen offers innovative online stress and mental education programs.

Please feel free to contact Spotscreen on **1300 305 230** or at enquiries@spotscreen.net.au for more information.