



## Coaches Help Relieve Stress!

Let's face it - we all encounter stress. There is good stress and bad stress - I'm talking about the bad kind. The kind that can affect your health, your happiness, and unfortunately those around you too. It seems to be everywhere these days:

The economy is slow in recovering  
The unemployment rate remains high  
Corporate America has too much to do with too little people  
Raises are tight  
The kids are back at school with projects due and sports / activities to get to  
Boomers are facing challenges with aging parents  
The holidays are coming  
Need I go on?

I thought I would share a few stress relievers that I have found to be effective with my clients (**Be sure not to miss the last one**). A little reminder, a little accountability, a little thought provoking question, a little big picture perspective with these all work to help my clients reduce stress.

### **A Change in Perspective**

How about

'I am so overwhelmed' to 'I am so in demand!'  
'I am unemployed' to 'I am on a career coffee break'  
'I don't have the energy' to 'Action creates energy'  
'I don't have time for myself' to 'I am THE priority'  
'What if I lose my job' to 'Thank goodness I have a job'  
'OMG! - This is a train wreck' to 'I don't do drama!'  
You get the picture.

### **Breathe**

Pay attention to your voice pitch and speed. Notice your shallow breathing. STOP - take a moment to breathe a deep belly breath. It's all going to be OK.

### **Exercise**

You get this one. Just Do it!  
It creates its own 'time' as you will have more energy throughout the day.

### **Excitement vs. Anxiety**

I see this one a lot with executives in transition. For instance, they may have more than one opportunity coming into play at the same time. But wait - They were just stressed because they are unemployed! Or perhaps, you are working on a proposal for new work or a big sale. Just stopping for a moment to consider whether their feelings are excitement or anxiety can reshape the entire experience.

### **Play**

So maybe your company is tightening up on people and expenses and you are now performing the work of two people. Morale is in the tank. People are in fear for their jobs. Everyone seems stressed. It only takes one person to find a way to make work playful and share it with others before it can catch on everywhere. [You have that much influence!](#)

I made up a contest with teams for individually defining and achieving work life balance during the busiest year of my 22 in public accounting when SOX was implemented. Teams were competing and individuals were helping one another achieve their goals. We had a blast (despite working until 3am in the morning!).

### **'Get To'**

This one plays on the change in perspective. What if everything you 'should' do or 'have to' do or 'must' do or 'need to' do could become a 'get to' do? So you have to pick up the kids and get homework done and make dinner and drop them off at practice and go to their game. Wait just a minute ... You 'get to' do all that. I bet you can even make it quality time with that approach. How cool is that?

## Gratitude

Instead of focusing on what you **don't** have, take some time every day to appreciate what you **do** have. What is right in your picture? Try making a list. Write it down. Keep adding to it.

## Laughter!

Sometimes the simplest thing can bring the greatest stress relief. I met my husband at work during a very stressful time in 1990. He always had us rolling in laughter with his sense of humor which lightened the load for all. Seek out the people who you know can make you laugh for a daily dose!

And sometimes you just have to laugh at yourself to reduce stress.  
So click on the link below and scroll to the bottom to see how  
[Coach Helps Reduce Stress!!](#)