



STRESS & WORK-LIFE BALANCE

Could this be you?

- "I'm constantly rushing round. It is hard to relax. I feel I need to slow down, but there is so much pressure to keep going!"
- "Even after I've taken time off to relax, I still feel a bit anxious."
- "I make time to go to the gym and exercise more, but I am still stressed."
- "I believe that stress may be affecting my health."
- "I really want to manage my stress better. How can I succeed with this?"

10 Stress Busting Tips

1. Read up about stress and its effects
2. Keep a stress diary to help you understand the symptoms and causes of your stress
3. Increase the amount of exercise you take
4. Practise relaxation, breathing exercises & meditation
5. Get enough rest and sleep
6. Eat a healthy diet, and cut down on stimulants (caffeine, nicotine) and depressants (alcohol)
7. Smile! Enjoy fun & laughter and focus on positive events
8. Build strong relationships with friends and family, to increase social support
9. Talk to someone you trust or seek professional help if necessary
10. Undertake a 'stress audit': identify what you want to change and design a plan to help you improve your life

How coaching can help

Stress is a natural part of many people's lives, but living with prolonged and unnaturally high levels of stress can be bad for your health.

Sometimes changing one small aspect of your life can have quite an impact on overall stress levels. Turning unhealthy stress into healthy pressure can also help you to become more resilient and able to cope.

A personal coaching programme enables you to stop, reflect and see more clearly what's going on in your life. You can focus on how you want your life to be, and put some goals and strategies in place.

If you would like to find your personal 'Stress Busting Recipe' in order to lead an easier, less stressful and more balanced life, why not try a free 45 minute work-life balance consultation during July or August! **You may even win 1 month of coaching worth £230!**

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"Success Without Stress"

Training, Mentoring, Coaching & Networking for Business & Career Success

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