



STRESS & WORK-LIFE BALANCE

Could this be you?

- "I'm constantly rushing round. It is hard to relax. I feel I ought to slow down, but there is so much pressure to keep going!"
- "Even after I've taken time off to relax, I still feel 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?"

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.

A personal coaching programme enables people to stop, reflect and see more clearly what's going on in their lives. They focus on what they want for themselves, rather than what they don't want, set goals and start putting strategies in place.

Sometimes we only need to change one small aspect of our life which can have quite an impact on overall stress levels and achieving better work-life balance.

How about finding your personal 'recipe' to help you lead an easier, less stressful and more balanced life?

I offer a free ½ hr consultation, and if you book one of these before 31 December, you could win 1 free coaching session!

A few general tips about coping with stress:

1. Read up about stress and its effects
2. Try to understand what exactly causes you to feel stressed
3. Increase the amount of exercise you take
4. Practise relaxation, breathing exercises & meditation
5. Make sure you have a healthy diet
6. Cut down on stimulants like caffeine or nicotine, and depressants like alcohol
7. Enjoy fun and laughter
8. Focus on positive events
9. Nurture relationships with friends and family, to increase social support
10. Keep a stress diary to increase self awareness
11. Understand the way you think and the pressure you place on yourself
12. Undertake a 'stress audit': identify what you want to change, focus on your priorities and design a plan to help you improve your life

Ute Wieczorek-King – Success without Stress

Specialising in: Time Management | Balance | Change | Stress Resilience | Communication | Success Strategies for Women in Business | Personal & Business growth | Career Progression | Goal setting with Vision & Purpose

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