



# Creative Business Consulting Business Tips



## Positive Stress Management

**P**ositive stress management this might seem like a contradiction in terms since much of the news that we hear about stress deals with the negative effects that result from too much stress. Many doctors report that up to 70-80% of their patients exhibit negative health problems brought on by stress. Headaches, anxiety, ulcers, and depression are among the most commonly reported ailments. With all this dour news about stress is there anything good that can be said?

Believe it or not, **stress can have a positive effect on a person's life.** Stress can serve as a motivating force that can help you to become more focused, productive, and even creative. Imagine for a moment what it might be like to have no stress at all in your life. It might be kind of fun for a few days. But over a long time period, how do you think that would affect your level of productivity or sense of accomplishment? You may not get a lot done if there were no responsibilities to attend to, or deadlines to meet. If you are like most people, you would probably get bored in a fairly short amount of time.

On the other hand, have you ever had a long-range project with a specific deadline? As the deadline approaches you find yourself becoming more focused on the tasks to be done and

you even create new ways to meet your goal. Most people react favorably to moderate levels of stress, using the pressure to increase productivity, especially at work.

**The secret to keeping stress as a positive factor in your life is not to eliminate it entirely but rather to strive for a healthy dose of stress that can be used to keep you motivated and productive.** While major life events such as divorce, illness or death can induce major amounts of stress, it is usually the common daily hassles that are more predictive of overall levels of stress. Major life events are an easily recognizable reason for which many people will seek therapeutic treatment or support, but often the daily stressors go unattended.

**Here's a list of four ways to help you keep a positive amount of stress in your life.**

1. First identify what causes stress for you and then eliminate any regular stressors that you can. For example, you might feel that you don't get adequate support from your managers at work. The problem is that you have a co-worker who doesn't do his/her fair share of the work and your manager is never around to observe what's going on. This puts a lot of stress on your ability to do your job well.
2. It is helpful to put down in writing all of the work tasks that are not being done along with a list of how this affects your work (i.e. the side work of stocking supplies isn't getting done and this hampers your ability to provide prompt service to your customers).
3. Submit this written list to your manager, along with a request for a personal meeting. When you meet with your manager, ask for his/her help in coming up with ways that this stressor can be eliminated. Possible solutions might include that your manager takes the time to review the written job description for employees in your division and makes sure that all employees are given one. Your manager might decide to provide further training or supervision of the employee in question, or is willing to change your schedule so that you don't have to work with him/her.
4. Once the issues are identified, you and your manager can work together to creatively come up with solutions that eliminate this stressor. (published in the North Hawaii News)

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