

These techniques can help make your job search less stressful

Are you 'jobsessed'? These tips will help you reduce stress at the most demanding job. Psychologists share tips and techniques on avoiding pressure at work



Stress is an everyday thing. We deal with stress every minute of our life. This feeling isn't always bad. It can challenge people thus motivating them to mobilize all the skills and strength to achieve new heights. It keeps you active and focused. However, too much of these feelings can leave you drained and exhausted.

Work stress is a real issue. Only work stress has the biggest impact on people's lives. For one, it influences your performance at the workplace. You bring the problems home and they reflect on your family relationships thus causing more stress. Stress can keep even the most skillful worker from climbing up the career ladder. Reasons to cause stress are plentiful. The most common is the period when the company has to lay off some of the staff, thus giving their employees more work. More work doesn't always mean more money, so the job isn't rewarding enough. To top all that you are terrified that you might get fired as well.

Some people decide to leave their jobs to escape stress. The job-hunting process generates stress as well. You know that the business world is extremely competitive today, and there are thousands of applicants for the job opening you are after. Don't know how to stand out from the crowd of other job hunters? Make sure that your resume is perfect. In this case, make sure that you read the [Top Resume review](#) to find the specialists who can assess your skills and experience and reflect them in your resume. Having a good resume will give you more confidence in the future success, thus reducing stress.

The key to dealing with inner turmoil is knowing your limits. You might have felt depression or apathy already. Trying to overcome it with the help of drugs or alcohol isn't going to solve anything. The time when you start feeling physical consequences of constant stress, such as muscle tension or headaches, is borderline.

That's why the time has come to learn some techniques of how to abstract away from stress and put aside the worries.

Looking For Support Outside

Establish connections with people. Your co-workers, family members, and friends can be a source of compassion, thus leaving less room for stress.

Whenever you have time for a short break, don't isolate from people around you. Building relationships at the workplace is a powerful tool. Having achieved a strong bond will allow sharing your concerns with the colleagues and aid in sorting out mutual problems.

Meeting people outside of work, finding like-minded partners or joining clubs will expand the areas of your social life. Pleasurable pastime and healthy companionship will replace the feeling of stress.

Taking Care of Your Inner Self

Doing regular exercise, making smart food choices and getting enough sleep can make you more stress resistant. Search for rhythmic movements to give you more energy. It will help soothe the nervous system and generate hormones responsible for making you happy.

Certain foods, such as nuts and fish, will boost your mood and help to keep focused and energetic.

As it is known, an adult person should get at least eight hours of sleep. This is the exact amount of time that will get you rested and relaxed after a tough day at work. In order to have the spirit at work and keep top-performing, find the balance between working and recreating time.

More on the techniques of retraining your brain can be found in the book by [renowned psychiatrist Dr. Srin Pillay](#). He has proved that even the time spent daydreaming can be productive.

Organizing and Prioritizing

Many successful businessmen once thought that there weren't enough hours in a day. However, even they have managed to stop being too committed to work, or constantly checking your phone for updates on a project. You have to establish boundaries of your working life and create a balanced schedule.

A common problem is that people are obsessed with work and feel as if they must control everything. You have to start compromising and sharing responsibility with fellow laborers.

Finding Satisfaction in Your Work

Consider a change. Perhaps it was the constant routine or off-putting co-workers forcing you to give in to stress. Transferring to another department or taking new duties will make a room for new exciting experience and allow ways to succeed.

Think about how your work contributes to the greater good. It may not be your dream job, but if you are doing something meaningful with your skills, the feeling of satisfaction will overcome stress and give you a goal to achieve.

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