

Home Office Stress Busters

By BB Lee

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(500 words)

(Quick ways to renew your energy and reduce stress)

Jan fought the urge to punch her computer screen. Her computer was on the fritz again. And her husband was giving her the evil eyed silent treatment because he was upset at the time she spent working on the computer.

It's 3 A.M. in the morning and Jan fights to keep her eyes focused. She keeps delaying sleep to finish the graphics on her new web-site before her newsletter is due to be published. Actually, she can't remember the last time she had a full nights sleep.

The fax machine going, telephone constantly ringing, running various other business machinery, completing office task, listening to family complaints, are turning Jan into a...

N-E-R-V-O-U-S-W-R-E-C-K!

This scenerio sounds very familiar to those who run a home based business. And of course, STRESS is hard to avoid if you are a real go-getter who is busy trying to achieve important goals.

This is exactly the reason busy individuals need to learn important coping skills to handle stress.

CONQUER STRESS! Adapt the following tips to fit your lifestyle.

-Nourish Your Body. Get your daily requirements in vitamins so the body can handle stress.

-Let The Music Play. Important studies suggest listening to mellow background music while you toil away at your desk will lower your bloodpressure and reduce stress.

-Stretch. Get out of your chair and stretch high for several seconds. This will energize the body and relieve tense, cramped, muscles.

-Get Up And Move. Turn up the music and dance like a maniac. Sure you will feel silly at first, but you'll soon learn to enjoy it. Dancing is another good stress buster.

-Wiggle. While in your chair wiggle your toes and proceed up your legs to your bottom to your arms, your chest, shoulders, neck and head. This is very relaxing.

-Inhale Deeply. Feel the energy flow into you with each breath. Exhale slowly. This is also a good way to cleanse your lungs and refresh your mind.

-Walk It Off. Get out of that chair into the open, fresh, air. Put on your walking shoes and march around the block. Getting away for a few minutes might be exactly what you need.

-Get Rid Of Distractions. Turn off loud television distractions. Move your office to a quiet part of the house. Request family members keep noise to a minimum while you are working.

-Schedule Rest Breaks. This really works for me! Every hour schedule a five minute break. Get up, move around, drink some juice or a tall glass of water.

-Vacation. Taking a well deserved vacation is in order too. Get away with your family, leave all worries about your home business at home. When you return you will feel fresh and ready to cope with any situation.

Learn to control your stress using these helpful tips, don't let it overtake your life and control you!

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