

HOW TO MANAGE STRESS

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Stress

- Stress is any situation that makes you feel emotionally uncomfortable and psychologically disturbed.
- Most stress occur as a result of how we relate to our fellow human beings.

Stress may come from:

- Financial / marital issues
- Ill-heath, joblessness etc.

Effects of stress

- Hypertension
- Stomach ulcer
- Obesity
- Alcoholism
- Infertility
- Marital discord

Zones of stress

Stress occurs most often at two places:

- Your home
- Your workplace

Causes of stress

We relate to our fellow human beings through communication:

- Verbal--what we say (words)
- Non-verbal--how we behave.
- Communication friction/ineffective communication is the cause of most stresses
- You can avoid stress by learning how to communicate and behave better both at home and at the workplace.

Watch your words. They can eat you up

- Words are powerful
- Use them wisely
- What you say is important;
- How you say it, is even more important.
- In the courtroom, you are judged by what you say.
- Your words can put you in trouble, and
- Your words can also get you out of trouble.

At Home

- Your spouse is the most significant source of stress in your house.
- Endeavour to build a good communicative relationship with your spouse.
- Discuss important issues with him/her including your vision for the family (where do you want the family to be in the next 5-10 years?).

Managing stress at home

- Resolve not to say anything in anger, especially in response to your spouse.
- It may cost you sleepless nights.
- Support your spouse materially and emotionally, and
- Never take them for granted.
- Give your spouse the benefit of the doubt

If you are close enough to your spouse,

- The children will naturally find their level.

Pull your spouse up

- To maintain a meaningful communicative state with your spouse, pull him or her along the social ladder as you climb up.
- It is not everybody who can pursue academics, so find out what your spouse like doing and support him or her to be among the best in that field or vocation.
- It boosts confidence and makes communication between the two of you easier.
- Compromise when it is necessary to bring peace and harmony in the house.
- You need that peace of mind to concentrate on your activities at the workplace; make it a priority.

At the Office

- Your boss may be the most significant source of stress at the workplace.
- Learn to do your job well enough to be respected.
- Engage your colleagues in meaningful communication:
 1. **Focus on the reason for the discussion.**
 2. **Communicate emotions in person.**
 3. **Listen more than you talk.**
 4. **Simplify your messages.**

Have a vision

- If you know where you want to go with your career, you will be less stressful at the workplace.
- Have a vision for your career
- Find out what you need to do to realise your dreams at the workplace.
- When you are focused on a vision of being at the top management level in the next 5-10 years, you will not be distracted by small issues like office chairs.

Define your friends

Your colleagues at the workplace are not your friends:

- they are your business partners, at best
- your competitors, at worst.
- Focus on your job at the office
- Don't bring your personal issues into the workplace.

Avoid gossip (s)

- Don't get involved in any unholy discussion about any individual at the workplace; either your boss or your subordinates.
- It may come back to bite you.

Be loyal

- Don't do anything to undermine the success of the company.
- Give your full support to the boss.
- He may not know as much about the business as you do.
- That is the reason why he/she is your boss.
- Respect the position the person occupies and it would be easier to respect the occupant of that position

- Work to make your boss more popular at the workplace.
- Refuse to do anything to undermine him/her.
- That means you should not challenge your boss in public/meeting place.
- Seek a private audience with your boss, if you have a different opinion about an issue he/she is passionate about

Be professional

- Don't compromise on your professional values even if that will cost you a position or your job.
- The company may put out damaging information about you, but the truth will eventually come out that you stood for what is right and got fired or fired
- You will get bigger and better job offers

Leave work issues at office

- Resolve not to take office / work issues home.
- Don't complain about your colleagues or your boss to your wife.
- Women are more emotionally courageous than men.
- They may come fighting for you and cause you more stress at the office.



THANK YOU

QUESTION TIME