Work sucks. It’s probably something you’ve said to yourself time and time again. Whether it's your boss always on your back with more and more work for you to do, or that one annoying coworker (I’m looking at you *Doug*), the workplace is essentially synonymous with stress. Once again, though, I have the solution.

Before we get started, though, I should warn you that if your boss sees you following my advice, you could risk being fired. Being fired will create more stress in your life, so it’s best to avoid it. With that being said, the office if certainly an environment ripe for destruction, and if your coworkers are getting on your nerves, perhaps you can pin your destruction on them. May your stress ball strike true!