

Solving The Stress You Can't Avoid

When your stress-related problem is avoidable, or even predictable, it's often easy to solve. Some areas of avoidable/predictable stress could include your commute to work (request flex hours, move in the opposite direction of traffic, telecommute, listen to a recorded book during the commute, or use mass transit and work WHILE you commute), the morning rush (get things ready the night before), and even a long list of household chores and errands (delegate chores to family members or grocery shop, bank and pay bills online). You can't figure out what's avoidable until you sit down and take the time to identify your sources of stress. So, if you haven't tried journaling or keeping a log of your stress yet, try it this week.

Disorganization is a major source of avoidable stress. Ever noticed that when your desk, closet or car are disorganized you have this low-level sense of stress or anxiousness, or just frustration when you can't find things right away? Research shows that getting organized lowers your stress! Forcing yourself to do this isn't easy, but you will eliminate a lot of unnecessary stress by simply working from a clean desk (try it for ONE day), driving in a clean car and cleaning out any paper files, computer files or old emails that may take up unnecessary space in your storage areas and in your brain.

Planning is another way you can avoid unnecessary stress. Set aside 5-10 minutes for planning every day. Make a complete list of all the things you have to do for the coming week on Sunday. Then make a short list of 10 items or less for all the most important things you need to do for each remaining day of the week.

TASK TIME: 30 MINUTES



Exercise: This week, set aside time for planning every day. On Sunday, take 30 minutes to make a master list of all the things you want to do for the week ahead. Then every day allow 5 to 10 minutes to make a list of the ten things you need to get done each day.

Recognizing Stress

[Watch Now!](#)