



Some Strategies To Reduce Workday Stress

According to motivational humorist and president of Corporate Comedy, Jeff Justice, on his Web site, JeffJustice.com, there's nothing like a good sense of humor to lick the daily wounds that stress can leave us with. Here are a few of his suggestions for reducing stress:

- **Remember to laugh well, especially at yourself.**

Many studies have found that laughing is good for you, and there are even "Laughing Yoga" classes available in some cities. Justice says you should laugh at least 10 times a day, with five or those times being ones in which you laugh at yourself.

- **Make a list of things you like to do,** and remember to do one of them at least once a day.

- **Balance your lives.**

Everybody experiences ups and downs, almost every single day. Some meditation experts call this "wild mind." Remember your experiences are on a continuum and you want to keep yourself somewhere in the middle to stay balanced.

- **Do deep breathing and stretching exercises.** Most modern works spend far too much time sitting at desks or commuting. Get up stretch. Move your body around and get your energy flowing again.

- **Allow yourself the luxury of making one mistake or being imperfect once a day.** You will burn out quickly, if you get caught up in perfectionism.

- **If you have to pay at a toll both on your way to work,** pay for the person behind too.

- **Don't feel like you have to act serious all the time to be taken seriously.** Lighten up at work. Then see how those around you respond.