

Sam Verma

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15b Lloyd Road Singapore 239098 (co. reg. 201004398N)
helpdesk 656.227.2902, fax 656.227.0213


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ascend THE CREATIVE FINDER hbrascend.org

HOW TO AVOID TAKING WORK STRESS HOME WITH YOU




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1. CREATE A DAILY RITUAL TO SHUT DOWN WORK BEFORE YOU GET HOME

Read a book, or listen to some music, or just scroll through an old set of photos on your way back home.

FACT.....

50% of people bring their work home, according to a study by the University of Toronto.




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2. HAVE A SOUNDING BOARD AT WORK

Speak with a friend, colleague or mentor at work about your stressors to help you vent before you get home.

FACT.....


Having a strong support network lowers stress, increases autonomy and self-esteem.



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3. GIVE YOURSELF SOME "ME" TIME

Cultivate habits and interests beyond your work and home. For instance, join a book club, or a Pilates studio, enroll in cooking classes, or learn a new instrument.




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4. TELL YOUR FAMILY WHAT'S GOING ON AT WORK

Be open about what might make you seem distracted at home and put things into perspective.

"I'm working on a big project and you might see me taking work calls more often than I'd like to for the next three months."



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