

Managing Stress for Success

Study after study has shown the very real negative effect stress has on our physical well being and ability to perform. Stress impairs the immune system, it lowers the body's resistance to disease, reducing a person's ability to be fully functional on the job and in life. Without having a way to deal with stress real success will forever be out of reach. Now that is not to say that successful people lead stress-free lives. Quite the contrary, the path to success no matter how you define it, is rarely stress free. It is just that the most successful among us have found effective ways to manage their stress. "We all experience a variety of stressors in our working and private lives. How we choose to handle, or mishandle these stressful situations goes a long ways toward defining our future success and quality of life and." Says Developmental Specialist Stephen F. Duncan, Ph.D., of the Montana State University.

Keep in mind that stress is normal, it serves a purpose and is not always bad. Stress has been defined as the non-specific response of the body to any physical and emotional demands placed upon it. New Zealand based Motivational Trainer Edmond Otis teaches hands on workshops and develops programs for businesses, municipalities, and organizations in job related stress management and improving performance. Mr. Otis says, "One of the best ways to manage stress is to be your own best friend. The more out of balance we are with our 'self' the more stress we experience."

There are many ways of dealing with the stressors that stand in the way of becoming successful. Stress management requires basic simple ways to deal with immediate day to day stress, as well as a long range game plan of lifestyle and behavior modification to reduce stress overall. In the immediate most stress management professionals recommend we learn the "relaxation response". Just as there is a normal stress response every human has a relaxation response, that brings him or her to a calm and less stressed state. Recognizing the relaxation response we can then trigger it through the use of deep breathing, a repetitive word, or repetitive movement as in yoga or tai chi.

In broader terms when it comes to reducing stress for success and peak performance, all of the experts agree that you must start out by changing the things you can control. Become more assertive. Communicate better. Set your clock earlier to get to work on time. Stop procrastinating. Treat your body with respect - eat right, exercise, rest, have quality relationships, and get enough sleep. Stop sweating over the things you have no control over.

Comprehensive stress management begins with the understanding that the actual causes of stress are not the specific situations or negative experiences that you encounter at you job or in your life, but the way you react to them. Edmond Otis says, "Stress management for success is really nothing more than having the right physical, mental, and emotional tools to diffuse a stressful situation. Stress management is a skill like any other. And like any other skill in order to become proficient and successful it requires training and practice".

Edmond Otis is a keynote speaker and motivational trainer dedicated to giving entrepreneurs, business owners, and key executives the tools they need for success. He has recently reallocated with his family from California to Hawkes Bay New Zealand. To learn more about his services to go www.EdmondOtis.co.nz