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How to reduce your work stress and improve performance by FeliciaCorrine

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â€œOh! My man, I had a tough day at work!â€• is a common saying we hear from people going to work. Work stress is something that burdens your mind and takes away all the pleasure of working. It in turn adversely affects your career and performance. Any job requires its employee to be productive and zealous. And if you feel stressed out at work, then things can change drastically for you. People usually think of shifting their job. But again they come up with the same problem of Work stress at their new job.

Feeling satisfied or happiness depends upon the state of your mind. Most of the time, we create a worse situation and brood over it. Work stress can be reduced by different ways.

ENJOY THE WEEKENDS: Donâ€™t over burden yourself. Take your time and enjoy yourself during the weekends. Your body needs rest to recoup from the work load of the entire week. You would have heard the saying â€œall work and no play makes Jack a dull boy.â€• This means that continuous work without any leisure activity will dull your mind. Find the best form of enjoyment during the week ends. Go for swimming, fishing, sport or hang out with friends.

Nowadays you neednâ€™t go in search of enjoyment as you have better sources of enjoyment right at your home. The television is non-stop entertainment and you can have a theater like experience right from home. That is what I exactly do during my weekends. Internet and television are my stress busters. Thanks to the bundled services I got from the Best Xfinity Deals online.

TAKE SHORT BRAKES: Take short brakes during your work. When you continuously sit for hours together and work, you will easily feel stressed out and it will affect your performance. Take short brakes when you feel overwhelmed with your job. This will boost your energy levels and you can work more efficiently.

MANAGE YOUR TIME: Many people fail to manage their time properly. They postpone their work and start feeling the Work stress towards the end of the day. If this is the case with you, then the problem is with you and not with your job. Allocate time for your work and try to finish it within the stipulated time.

RESEARCH: Sit down and find out what is making you stressed at work and how to overcome it. Think of the various hurdles at work. Is it an inappropriate job, a bullying boss or a troublesome colleague? Fix the problem and find a way to get out of it.

UNDERSTAND YOUR LIMITASTIONS: Each person will have their own set of skills and limitations. Do not try to cover up your shortcomings. Understand your weaknesses and try to improve on yourself. Try to win over yourself instead of competing with your colleagues.

HEALTHY LIFESTYLE: A healthy lifestyle is the key to a stable mind and sound body. Your performance will be affected if you fall sick too often. So care for your health and lead a healthy lifestyle.

BETTER COMMUNICATION: Have a friendly approach towards your colleagues and communicate with them. You may never know, sometimes they can help you in improving yourself and give a better performance. Experienced colleagues can show you a way out and help you to manage your Work stress.

If you want to be happy, you should value yourself and give some time for relaxation. Have fun and lot of entertainment and keep your mind fresh for the week days. Have an open mind and take life as it comes. Start enjoying your work and give your maximum input and work hard. Soon you will start relishing your work and will be able give maximum performance.

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Felicia Corrine, is a freelance writer and active blogger, and loves sharing her views and experiences with world. She likes to source out some great services like the one offered by a Best Xfinity Deals. She is passionate about writing and takes a keen interest in writing articles for everyone to see.

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