



5 Ways To Ease Anxiety At Work

JOY IS STRENGTH. - MOTHER TERESA

1. Stay organized

When we create control in our environment, we mitigate stress. Finding a system that works for you to stay organized will help reduce stress, which will in turn reduce anxiety. Take time to organize each piece of your work - your schedule, your tasks, your incoming work, your team - and once you create control, you'll be able to handle anxiety when it creeps in during the work hours.



2. Always carry a journal

You don't have to be a prolific writer to journal. In fact, many people write in a daily journal. Bring your journal to work with you, and whenever the anxious thoughts creep up, write them down. Take into account what's happening around you - what triggers your anxiety. Writing is cathartic. Putting your anxieties into words helps diffuse the severity of what you're feeling.

3. Find the joy in the work

Just as the quote from Mother Teresa above states, there is strength that comes with having joy. I had a mentor growing up who would continuously tell me to find the joy in the work. It may be grueling, it may be the last thing we want to do, but there is joy in everything and sometimes it takes a little searching. That mentor now leads a movement called the Being Me Movement (beingmemovement.com). Check it out for continued inspiration!

4. Give yourself breaks

We aren't machines. We aren't robots. We're living, breathing human beings and we need to take breaks. Make sure you're giving yourself enough breaks throughout the day - after a meeting, after eating lunch, after 90 minutes of work. And a real break, which means no checking email or your phone. Might be a good time to write in your journal!



5. Workout before or after

Depending on what your schedule allows and when you feel the most stress make sure you build a workout schedule into your week.

Working out gives us the space to mentally work through anything that's bothering us, fills us with endorphines, and makes us stronger.

And strong bodies help build strong confidence!

Thank you for reading! Continue to stay positive and stay strong, and most importantly, filled with joy!

Running Myself Together