**PC STRESS**

THE IDEA THAT YOUR PC WOULD HELP CUT OFFICE STRESS AS IT MADE YOU MORE PRODUCTIVE SOUNDED REALLY GOOD THE FIRST TIME YOU HEARD IT, DIDN’T IT? **BUT HAS IT REALLY HAPPENED THAT WAY**?

**For most office workers, the PC has in fact helped them achieve increased productivity. The PC has brought better information. It has facilitated better decisions. But it has also brought its share of pressures and has added significantly to the job stress of most office workers interviewed in a recent Learning Systems survey.**

In fact, nearly 70% of the survey respondents said the PC has added “**significant**” stress to their jobs.

**Some golden rules to combat pressure**

Do not take life to seriously. People invest too much in small things. There is a fear of failure.

Be more giving. Self-centred people are the ones who are most likely to suffer burnout form stress.

Live a life of gratitude. Be thankful for little things, like your health and family.

Understand your values and who you are. We severely underestimate what we can do.

Relaxation is important. Few people take enough short breaks. For example, take seven short three-day breaks a year, rather than one 21-day holiday.

Don't be seduced by tragic events. Don’t focus on crime, but rather the “**neutral**”.

Stop striving for perfection. Perfectionists become stressed if they make mistakes, and if others don’t fulfil their expectations.

**Big pay equals big headaches**

You may look forward to it at the end of every month, but that welcome pay packet has been identified as a ***major source of stress*** in modern society.