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 too seriously. People invest too much in small things. There is a fear of failure.

Be more giving. Self-centered people are the ones who are most likely to suffer burnout from 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.