**COMPUTER STRESS**

The idea that your computer would help cut office stress as it made you more productive sounded really great the first time you heard it, didn't it? But has it really happened that way?

For most office workers, the computer has in fact helped them achieve increased productivity. The computer 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 computer has added "**significant**" stress to their jobs.

**Some golden rules to combat pressure**

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

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

3. Don't be *seduced by tragic* events. Don't focus on crime, but rather the "**neutral**".

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

5. *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.

6. Stop striving for *perfection*. Perfectionists become stressed if they make mistakes, and if others don't fulfill their expectations.

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

**BIG PAY EQUALS BIG HEADACHES**

Stress in remuneration comes from setting unrealistic and unobtainable goals, associated with large earnings attached.