



THE CORPORATE CONSULTANT

Malcolm Brocklebank, director of corporate consultancy Marketing and Management Solutions gives us a few pointers on

dealing with stress in day-to-day life and at work.

Get to the Source

Before any progress can be made in stress-reduction, the first step to successfully calming the mind is to locate the source of your stresses and ask yourself: are you causing your own anxiety? Sitting down and analyzing internal sources of stress can help to show a way forward to alleviating mental tension.

Great Expectations

For many, a major source of stress comes from facing differences in

what they expect to happen, and how events actually unfold. For example, it can be very stressful when someone has fallen short of completing a task you have assigned them, forcing you to manage with what they have given you, as opposed to what you had expected of them. One way to avoid this stressful miscommunication is to take the time to clearly identify the completion processes and outcomes expected of your co-worker in order to limit differences in what you assume to happen and what will actually happen. This will give you

more wiggle-room to work with and reduce future anxiety by eliminating it at the source.

Don't Overreach

Sometimes we simply overestimate our own abilities to complete assignments, which can lead to major stress down the road. You can avoid this dilemma by taking the time to correctly assess how much time and effort is needed to accomplish a goal before committing to it, and clearly delegating work to others when necessary.

Reflect and Act

A good tactic to use for battling both daily and long term stress is to find

time to quietly reflect on what events have recently caused you the most mental strain, and identify ways in which you could handle similar situations better in the future. After you determine where your stress came from or who generated it, see if you can get in touch with that person and work out a way to manage such issues in the future.

Eat Right

How you eat directly relates to the body's ability to deal with stress, and a balanced diet is important to maintaining your mental wellbeing. What you eat has a big impact on

your health and stress: cutting down on sugar, saturated fats, fried foods, alcohol can help you feel more healthy and puts less strain on your body. Make sure to make fruits, vegetables, whole grains and proteins a part of your daily diet. You should also avoid skipping meals, which can raise stress levels by putting a strain on the body to produce blood sugar.

Find out more at
www.mandms.com.hk

Additional reporting by Christopher Mellen