[Tips to reduce the stress of a completing project](#)

How to reduce the stress of a completing project that you have to execute efficiently and productively.

According to the Canadian Mental Health Association, work demands can cause physical and emotional stress with short- and long-term repercussions on a person's well-being. For example, long-distance driving, layoffs, accidents, tight deadlines, setbacks, punctual customers, absent teams, and budget cuts can make the workplace an increasingly stressful environment.

The ability to manage stress is a talent that is acquired through direct experience, in the immediate context of daily living, by learning about triggers and ways to deal with stressful situations, you can focus on the task at hand without feeling overwhelmed or compromising your health.

Here are some warning signs to watch for and some effective ways to combat stress at work.

Signs and symptoms of excessive work stress

- Anxiety, irritability, depression
- Apathy, loss of interest in work
- Sleep disorders
- Fatigue
- Difficulty concentrating
- Muscle tension, headaches
- Gastric problems

- Social withdrawal
- Loss of sexual desire
- Alcohol or drug abuse

What strategies should be adopted to limit stress related to a work project?

Task planning

Involve stakeholders before the project is launched, take their comments and opinions to understand their personal and professional constraints beforehand. Therefore, define a schedule/calendar accordingly in order to start your project management perfectly.

Communication

As we will keep reminding you over and over again, communication within a team is essential. Regular communication is essential. The project manager needs to know what his team is doing, and the teams need to understand what everyone is doing. Communicate at a good pace.

Roles defined for a manageable workload

Stress is often generated because of confusion about the roles and responsibilities that have not been clearly defined. Before the project is launched, clearly define the roles and responsibilities of each team member and limit everyone's workload according to their abilities and skills. It is very important to remember that stress management is equal to the workload required.

Breaks between colleagues

Humour and jokes are a great way to dissipate tensions and build relationships between colleagues. A coffee break, off-site discussions lead to a pleasant atmosphere and create teams more motivated to achieve their objectives. As a result, these small intermittent breaks are not a waste of time, on the contrary, they improve the performance of the current project.

Individual meetings

Individual meetings are also very important in project management. They allow each team member to express their concerns and needs regarding the project. An excellent way for the project manager to clear up misunderstandings, understand everyone's expectations and increase the positive growth of the project. Feeling listened to will encourage your teams to be motivated in their tasks.

In project management, it is important that your teams do not feel overworked, less stress for more productivity. Today, well-being at work is very beneficial for everyone, so maintain it!