

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!

5 Tips to help you reduce Stress

Stress is defined as a situation of excessive nervous tension, psychologically, a state of disruption caused by an attack.

Initially, stress was defined as a physiological response of the body to an exhausting, dangerous or distressing situation.

The body then produces specific hormones. This notion was later extended to any state of disruption caused by a confrontation with danger, a physical or psychological threat, a difficult environment.

Here 5 tips to help you reduce your stress... in less than 5 minutes!

1. Analyse an image

Get a nice-looking image with several small details, which you can hang near your desk, for example. When you face a stressful situation, take 5 minutes to fix the image by spending several minutes contemplating the details it in an extremely precise way.

2. Guided relaxation (meditation)

Guided relaxation plays an important role to help you relax and relieve stress. For example, I recommend Gabrielle Bernstein guided meditation which offers a variety of small relaxation exercises of only 3 or 4 minutes.

3. Breathing

Breathing really influences stress and reduces its symptoms. By simply taking a few moments for a deep breath, you will be able to calm down quickly. Make sure that you are in a quiet place, place one hand on your stomach and inhale deeply through your nose, slowly counting to four. Then exhale through your mouth, always counting to four. Feel the air entering your lungs, focus on the breath in your mouth.

4. Walking

Go out for 5 minutes to get some air. However, the exercise doesn't stop there: you will have to walk quietly, paying

attention to all the sensations that stimulate your senses, such as the heaviness of your steps, the wind on your face, the fabric of your gloves on your hands, the singing of birds or the small rocks on the sidewalk.

5. Visualization

Visualization can be used in all situations. In this case, you will most likely be able to reduce your stress level by visualizing a place, real or imaginary, in which you feel totally comfortable. The important thing is not necessarily to see images in your head, but rather to try to feel the sensation of relief and well-being that this place gives you. Do this visualization regularly, for 5 minutes, even in quiet moments. This will help the effects to be done more quickly when you feel the need.

Above all, don't despair: it is really possible to overcome stress, by taking the time, changing certain habits and using the right tools, and being patient.

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