

Six Ways Successful People Handle Stress



It is more or less impossible to be any kind of professional these days and not experience frequent bouts of intense stress. The difference between those who are successful and those who aren't is not whether or not you suffer from stress, but how you deal with it when you do.

Here are six ways successful people handle stress:

1. Have self-compassion.

Studies show that people who are self-compassionate are happier, more optimistic, and less anxious and depressed. That's probably not surprising. But here's the kicker: they are more successful, too. Most of us believe that we need to be hard on ourselves to perform at our best, but it turns out that's completely wrong. So remember that to err is human, and give yourself a break.

2. They keep the big picture in view.

This is about focusing more on the "why" behind what you do than the "how." You might feel yourself getting stressed out about the fact that you have to work out every day, but if you focus on the reason you want to work out - to be healthy and live longer - you may find the actual task less stressful.

3. Rely on routine

One major cause of stress is the number of decisions we have to make in a day. Relying on simple routines like having the same lunch every day, answering emails at the same time, or even simplifying your wardrobe can help save your stress and sanity for the bigger decisions that really matter.

4. Take five minutes to do something you find interesting.

Doing something interesting. It doesn't matter what it is, so long as it interests you. Recent research shows that interest doesn't just keep you going despite fatigue, it actually replenishes your energy. And then that replenished energy flows into whatever you do next.

5. Use if-thens for positive self-talk.

Recent studies show that if-then plans can help us to control our emotional responses to situations in which we feel fear, self-doubt. Simply decide what kind of response you would like to have instead of feeling stress, and make a plan that links your desired response to the situation.

6. See your work in terms of progress, not perfection

No one is perfect. Many of us worship the cult of perfection, but letting it go may release us from a heavy burden of undue stress.