



working well

STRESS-PROOF YOUR JOB

- Take 20 minutes for quiet time every day.
- Realize that some things are simply beyond your control.
- Set attainable goals.
- Put failure into perspective.
- Let go of the nonessential.



Find Your OASIS

Stress can be good and bad. When it's good, stress drives you to do your best. When stress is bad, it leaves you unmotivated, tired and unfocused. Living a stress-free life is next to impossible; the key is to counteract the bad stress and let the good stress work for you instead.