

# Workplace Stress Reduction



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Powerful phrasing for resilience is about the Law of Attraction, focusing on spoken language. We have heard about LOA (Law of Attraction) & visualizing positive outcomes to manifest who and what we want. Most importantly, we need the action/practice component for ultimate productivity powerful positive language to become a happy habit! I've been revisiting this aspect of positive thinking and LOA, and am encouraging you to take this challenge and change your low energy phrases to high-energy phrases with your own words.

While stress can be caused by pressures both at home and at work (and on the street and on the road), workplace stress primarily arises as a result of issues that take place at work. With that being said though, it is not uncommon for stress at home or outside of work to influence what happens at work and vice versa.

According to a CBS Evening News fifth annual Labor Day survey, more than half of Americans have an extremely high level of workplace stress. Here are some recent workplace stress statistics courtesy of the American Psychological Association (2011).

**More than one third says they typically feel stressed or tense during their workday.**

49% report low salary significantly contributing to stress.

57% say they are satisfied with work-life practices.

52% of workers say that they believe they are valued on the job.

43% cite lack of opportunity for growth as a key contributor to stress.

**Now contemplate these:**

Is the amount of stress in your life affecting your job performance?

Is the overall moral of your team at the office lacking?

Have you noticed your team's enthusiasm for their career drifting away?

Is absenteeism on the rise?

Are you bringing your problems home from the office?

Are you feeling overworked and experiencing burnout?

Do you have the time to exercise and eating properly?

Have you and/or your co-workers been "short tempered" lately?

I have the solution to these and many other problems relating to stress and anxiety in the workplace.

What stresses you at work? If you or your team/company feel overwhelmed with stress or anger levels, you may contact Eileen about a FREE consult to find out about my coaching and seminar training packages.

**You can get to your success destinations more smoothly and quicker with my Peak Performance Success and Career coaching assistance and also benefit from my certification to teach anger management which includes stress management and effective communication skills. You may contact me for a complimentary phone consult: [516 623 4353](tel:5166234353) - <http://www.balanceandpower.com/coaching.php>**

