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Five ways to overcome workplace stress

Serenity now! Dr. Davis Posen shares his top tips to kick stress out of your workplace



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Dr. David Posen, a.k.a. "Doc Calm."

By: [Kamila Hinkson](#) News reporter, Published on Tue Mar 19 2013

Jobs and stress seem intertwined. And in our 24/7 work environment, more and more of us are becoming overwhelmed.

So how do you insulate yourself from the seemingly inevitable? Oakville's Dr. David Posen offers some answers in his new book, *Is Work Killing You? A Doctor's Prescription for Treating Workplace Stress*, along with advice for companies trying to protect their employees.

He shared his top five tips:

Give yourself a time out

Research shows our energy comes in two-hour cycles, but many people don't take breaks and try to power through the day, says Posen. If you're hitting the wall — which often happens after 90 minutes of work — try just taking a break. Twenty minutes is usually about right, although any rest is better than none.

Adjust your bedtime

Most adults need eight to nine hours of sleep a night. "When people start to get the sleep they need, even if the problems in the workplace continue, they will feel better and they will function better, and they will handle the stress at work better," says Posen. Try moving your bedtime half an hour earlier for two or three nights, then moving it again until you're waking up feeling refreshed.

Sweat it out

Any workout will help reduce stress, and aerobic exercise is the best, because “you’re getting rid of a lot of that extra stress energy,” says Posen. Yoga and relaxation techniques such as meditation are also good ways to combat stress.

Stop trying to multi-task

Posen likens multi-tasking to talking with your mouth full. “(Multi-tasking is) not something that should be extolled or encouraged. It’s actually a bad habit to get into, and people would be much more productive if they stopped doing it.” If you’re having trouble concentrating, pledge to not answer the phone or check email until your task is done.

Share the workload

Ask yourself who could — and should — be doing some of your tasks. It will be good for everyone, Posen explains: When people get a chance to share the work, they’re likely to feel that they have made a contribution, and will be more engaged. Just don’t forget to delegate some fun tasks as well.