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What's New



Work/Life Advice

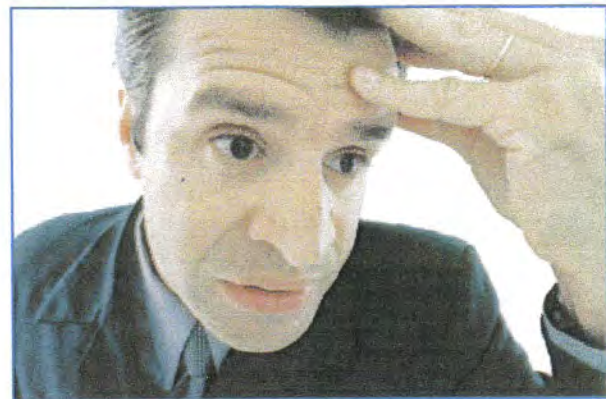
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How to Cope with Work Overload

*Stress Management Consultant
Therese Ryan talks to IrishJobs.ie
about the increased levels of stress in
today's workplace.*

In today's business and job market, we are all striving to succeed, to gain the next promotion, and with this, the lifestyle rewards.

However, in order to achieve this, employees and employers are influenced by the dynamics of the Global market which has an impact on performance expectations, corporate profitability, Staff morale and Loyalty. With these increased demands and rewards come increased stress levels which affect our overall 'Quality of Life' and 'Sense of Well-being'.



Companies invested millions of Euro to prepare for the potential disastrous 'Millennium Bug'. At the time, there were seminars, conferences, books and corporate policies devised to advise us how best to manage the 'Millennium Bug'. However, what are we doing to assess and manage the 'Stress Bug' in our lives? Are we even aware that our Health, Job Performance and Career Progression are at risk?

Stress has become a word we use to express to others that we are under a lot of pressure and that we aren't coping as best as we would like to or think we should. It is stated and defined by top academics that stress occurs when a person perceives that "demands exceed the personal and social resources the individual is able to mobilize".

In today's society we are trying to deal with a cycle of increased demands which we were not taught to deal with. When you were in School or University no one explained what stress was or how it affected your health. Now you have to experience it for yourself! And you are probably dealing with the increased pressure as best you can. Maybe you are drinking alcohol to help you find sleep. Maybe you are smoking more to help you feel psychologically relaxed. Maybe you are taking medication to suppress the symptoms of stress.

In order to manage the stress in our lives we need to become aware of the Signs and Symptoms of stress. These are, to name but a few:

- Irritability, mood swings
- Short attention Span

- Poor concentration
- Feeling tired all the time
- Increased Blood Pressure
- Lack motivation
- Lack of sleep or inability to sleep
- Decreased job performance
- Increased intake of caffeine products
- Increased craving for sweet foods
- Lack of pleasure or enjoyment from life
- Poor digestion
- Gastric ulcers
- Irritable Bowel Syndrome

Stress management is a positive step towards managing our 'Stress Level'. It's about learning new tools to adapt to your life so you can have a better quality of life, ensuring that you improve your job performance while attaining your career goals and job targets.

Therese Ryan is a Stress Management Consultant. She enables individuals to learn more about managing the stress in their lives. She was born in Limerick, however has been practising in Europe and Australia, and has now brought her knowledge and experience back to Ireland. She believes that life is about living and learning and she is passionate about her professional abilities. Her offices are located in Limerick City and her business caters for both private and corporate clients.

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