



Executive Column: Stress Free –You and Me

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We all have times in our lives when we have many balls in the air at once - deadlines, due dates, to do lists (for some of us don't do lists). We are connected all the time via technology. The world is screaming for your attention! Guess what – you do not always have to answer. Turn that phone off, put your tablet to sleep and take care of yourself at home and at work. So here are a few tips or pointers to help keep you stress free in our hectic world:



- Make a plan of everything that needs done – instead of juggling all your to do's, want to do's, etc. Write them down and be sure to stick to the list avoiding temptation to move things to tomorrow.
- Make room for rest – five minutes of stillness or meditation is better than 30 minutes in front of the television.
- Surround yourself with things you enjoy. When you start to get stressed or unfocused, take in your surroundings.
- Spend your lunch time as protected time. Take your entire lunch to nourish, replenish and be free to be you – whether it is silly, happy or a chance to regale the lunchroom crowd with your wit and wisdom. I promise your desk will not move and the work will be there when you return.
- Plan “me” time – if you keep a planner or use your phone, schedule yourself protected time.
- Facebook, Twitter, YouTube, etc., - limit your media consumption. Your brain can only process a limited amount of information. On this topic I can offer sage advice. Never, ever start looking at Pinterest after 9:00 p.m. NEVER!
- Coffee – try and replace that daily cup or four with tea. Coffee after a certain period can have a rebound effect and actually make you tired and stressed.
- Connect with others at work. Developing friendships with some of your coworkers can really be rewarding and provide encouragement even on the most busy, deadline driven days.

We, as County employees are measured by a different standard than in the private sector. We, as public servants, have the responsibility and duty to be sure we are productive. To do this, you must take care of yourself physically, emotionally and thoughtfully. It is possible to be stress free – you and me.

