TOP TEN
tips to beat corporate stress

Ian Broadmore, founder and managing director of the Harley-street based, Abintra Clinic, reveals his definitive top ten tips for beating corporate stress.

Ian is the UK's leading clinical hypnotherapist and coach and stress management specialist and is renowned for using the very latest and most advanced behavioural change techniques in order to achieve fast and effective results for his clients. Ian has over 15 years experience in hypnotherapy, coaching and behavioural change and through his experience has complied the following definitive top ten tips to combating corporate stress.

1. Learn to delegate: you can only do so much in a day. Spread the workload and spread the responsibility.

2. Learn to say 'no'. Often in a busy work environment you are called upon to do work that you are not experienced in, or in an area where you lack training. Learn to say 'no' and keep your stress levels low.

3. If you are in a poor physical working environment, perhaps the office is too hot or cold, it will make you stressed (as you either freeze or swelter!). Either turn the air-con on or turn the heating up. You will work better and be more productive if you are comfortable.

4. Plan your day; nothing causes more stress than unexpected events. Plan each day with prioritised tasks and stick to them.

5. Learn to switch off for a 15 minute power break each day. Just a 15 minute break will refresh you and lower your stress levels.

6. Avoid caffeine! Although coffee, tea, and other caffeinated drinks taste great, caffeine raises your heart rate and anxiety levels. Drink water instead. Dehydration can lead to migraines and headaches and an inability to concentrate

7. Take regular exercise. If you live within 15 minutes of work try walking or cycling instead of driving. If you live further away go to the gym at least once a week or walk at least thirty minutes a day. You will get fit, increase the oxygen in your blood, and be more alert.

8. Keep your sense of humour! Smile. At the end of the day no problem is so great it's worth risking a heart attack over.

9. Introduce monthly stress buster meetings. Sit down with each employee and discuss how things are going. This approach will help cut stress because people will not bottle things up and will feel valued if you lend a sympathetic ear.

10. Remember, your staff are your best asset. Treat them with the respect – the same that you would expect in return – in order to ensure a happy, stress-free working environment.

Ian Broadmore
Ian Broadmore (D Hyp-Psy, SQHP, MIAH, MNHR) is a leading Hypnotherapist, coach, and stress management specialist who provides a range of life-changing solutions to individuals, companies and business executives. He has more than 15 years experience in hypnotherapy, coaching and behavioural change, and was awarded a senior qualification in hypnotherapy practice from the General Hypnotherapy Standards Council. *www.ianbroadmore.com* or *www.abintra-clinic.co.uk*.