

Living a Joy Filled Life - With Limited Stress

Take care of yourself- so that you can care for others in the workplace. Reduce stress and become more relaxed, productive and able to enjoy your life and our work at the University.

1. Know your strengths and talents - concentrate efforts in these areas
2. Be kind to yourself, eliminate negative self talk...you do not need to be perfect.
3. Focus on those things that you can influence or control. Release those things that are irritating but outside of your control.
4. Surround yourself with positive people who care about you, your growth and your welfare.
5. Take a stroll around our beautiful campus and smile at students and colleagues.
6. Connect with others at work. Develop friendships with co-workers. Have friends and be a good friend.
7. Find the humor in daily life. Put a smile on your face.
8. Assume that people are good and well intentioned. Ask for help.
9. Write out your personal values - make daily decisions that are consistent with your values.
10. Learn how to eat well and do it. Get enough sleep.
11. Study and practice so that you are capable and competent. Be who you want to be...don't always seek the approval of others.
12. You can't get it all done today. Determine what is most important now...and do it.
13. Communicate effectively recognize others, say thanks, be a friend, resolve small conflicts, be genuine, and authentic.
14. Love yourself for who you are today. Demand respect respectfully.
15. Practice saying "no" when necessary but be open to saying "yes" when it brings new opportunities and is consistent with your values.