

# Manage Your Day, Manage Your STRESS AWAY!

*Stress has been a buzz word for many years, but are we any better at avoiding or dealing with it? Some women when stressed become overwhelmed and slowly withdraw, avoiding simple and challenging decisions alike, stating they haven't the time, energy or money to act to obtain those personal goals lurking in the grey matter.*

Others (people pleasers put your hands up here) become busier and busier until life represents a whirlpool of school activities, work, social events and the warning signs flash overload, commitment, commitment.

A common connection between these two types of women is the perceived need to have priorities focussed on everyone else first while their needs lie dormant or down the list- sound familiar?

An alternative to allowing stress to build up is to take small steps each day to manage your responsibilities, while maintaining balance and a forward movement which will allow you to achieve your goals, maintain health and flourish.

Manage your day in a more fulfilling and balanced way and manage your stress away.

*Here are a few areas of daily focus. Be creative and create your own lists, table it and refer to it each day to ensure focus and intent unite to produce change!*

Start your day by reading and verbalising an inspirational affirmation or quote.

Energise later by listening to a track of uplifting music, sing, dance- who's watching anyway?

Financial- address some aspect of your financial situation each day, pay a bill or conduct research into the best credit card for you.

Include spirituality as a daily ritual- pick a card from your favourite oracle pack and act on the advice given.

Self Care- book your next massage at the time and let it be the first commitment for the next month rather than trying to fit it in, create a daily preening ritual.

Breathe- deeply!

Gratitude- saying thanks at the dinner table is an oldie but a goodie.  
Friendship- ring a friend simply to touch base and avoid the urge to make a date.

Play- lively and laugh heartily.

Organisation- write a list.

Emotional release- live in the moment, if you are upset and need a good cry, cry.

Create space in your day to feel and process what is going on for you.

De-clutter a shelf (throw away items not used, very liberating!)

Intellectual stimulation can sometimes be the last thing on the mind of a busy and stressed woman but a necessary requirement for any flourishing woman.

Nutrition- take those vitamins in the cupboard.

Ask for guidance, help from the kids, a loving hug from your nearest and dearest.

Household- manage chores daily rather than leaving it to pile up, requiring a large investment of time and energy.

Drink plenty of water while driving around on the car.

Business- act now on something you have been putting off doing. If it's a creative idea simply write it down and add to this daily.

Exercise.

Personal Growth- set yourself a task each day to work on. For example, being assertive.

*Summarise your day and  
note which areas of your life  
you looked at and dealt with-  
CONGRATUATIONS.*

Now tomorrow, commit to looking at those areas you missed today.

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