



The Music Shed

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& The Business Shed

- A Creative Initiative

Stress Busters

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Ten tips in bullet form for busting stress:

- Identify the single root cause of the stress – first deal with that alone
- It is easier to change yourself than to change others
- Is it internal – relationships, health, business, career
- If it is internal then define some short term actions that you can use to create change
- Is it external – war, drought, politics, weather
- If it is external, then focus on changing your attitude – it is alright not to have an opinion on everything, especially it is the scheme of things it doesn't matter
- Keep focused on your goals, your desired outcomes – these are more important than the action itself – remember, every action has a reaction
- Choose, learn and use a calming relaxation technique on a regular basis
- Remember that you are entitled not to be right all the time
- Stress is good (actually) and change is inevitable

Creating Possibilities and Finding Solutions