

Stress as a Motivator

Stress can be the spark that encourages us to achieve more.

Every day, it seems there is a new article about the dangers of living with chronic stress. While it is true that chronic, unresolved stress can lead to ongoing medical and psychological issues, it is also true that short-term stress can be a motivating factor to learn and grow.

Stress can be the spark that encourages us to achieve more, improve the quality of our life, get out of our comfort zone, keeps us from being bored and generally feel more alive. The key is to learn from stressful circumstances and gain tools to improve our situations for the better.

Here are some ways to use stress as a motivating factor and make positive changes in your life:

Make a list of the problems you have which cause you to feel overloaded. Then, place a check by those problems that you have the ability to change.

Go through the list and begin to tackle the easier problems that you have the power to change first. From there, tackle the next task on your list. Make it realistic and break it down into reasonable goals.

Take care of yourself physically. This includes getting enough rest, having regular medical checkups and following your doctor's advice. It also includes eating right and exercising.

Review your finances. Create a budget and stick to it.

Take care of yourself socially by creating a solid network and support system.

Clean up the clutter. Get organized in your home, car and workspace. This will give you a sense of accomplishment.

Get coaching to help you become the person you can be. EAP can be a great resource to explore sources of stress, identify stress management skills, improve your overall functioning or sense of achievement or help you identify goals and objectives for personal growth.