

how to deal with stress at work

Posted by gye1962 - 03 May 2016 19:50

I just had a relapse

I am having problems dealing with stress at work.

every time i get an overload of work and i get stressed my mind immedietly tells me that i should go watch P**n and i can get the images out of my head. so i end up relapsing as soon as i get home, be it at lunch, or after 5.

Does anyone have any suggestions?

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Re: how to deal with stress at work

Posted by inastruggle - 05 May 2016 05:31

The first thing that comes to mind is that you should be reaching out to someone. Call someone or get online and post and chat here.

Don't wait until you're about to fall, do it when you realize that you're stressed. Relax on the jhf section.

It'll probably be really helpful for you to google how to deal with stress at work. Its a really common issue.

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Re: how to deal with stress at work

Posted by toraschaim - 06 May 2016 00:38

This is something I struggle with a lot also - I started falling a lot more once I started working

and had the additional element of stress in my life.

Things I find work for me:

a) Have some brief outlet that you enjoy that you can use to relax for a short bit at work. (For me, it's having nature documentaries on my phone that I can watch for 5-10 mins. Quirky, yes, but it helps sometimes.)

b) Stretch for 5 mins.

c) Go and talk to another person - it can be about anything, you don't need to talk about the fact that you're triggered and want to look at p*rn.

d) Regular (i.e. 1-2 times a week) exercise. This is the biggest thing for me. It's tough initially to make time to do it, but I can't overemphasize what a difference it makes in relieving stress.

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Re: how to deal with stress at work
Posted by cordnoy - 06 May 2016 04:13

[gye1962 wrote on 03 May 2016 19:50:](#)

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Does anyone have any suggestions?

Just curious, have you tried reading the white book?

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Re: how to deal with stress at work
Posted by gye1962 - 08 May 2016 03:31

i read a little bit of it

is there a chapter about stress?

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