

# Taking a battering at work

*Starting to get rather smashed at work in regards to client load and organisationally being pulled in multiple directions. Just trying to ride the waves.....*

In these circumstances suggesting having a massage, or to eat well and exercise just isn't enough.

You may be one of those people who is facing a situation in your work or home life where you are being buffeted and battered, and it's taking its toll. Often there's not an easy solution to what you're facing.

In these situations so much of your precious energy can be used to just keep on going. Stress chews up energy and resources.

Within the negative impacts of stress are factors that lead you to be less able to respond. It doesn't affect low stress situations that much, but as the stress increases the affects are more profound.

Two things feed into this. The first is that the more worn down you get, the less you have available to put towards recovery. The second is that [the negative effects of the stress](#) which we covered in the last email, inhibit the repair and restore functions within us. Combined, these two factors make it even harder to replenish, regroup and find firm footing within yourself.

Rebuilding your capacity is critical for not just your wellbeing, but for you to be able to bring your best to what you are doing. Becoming stronger, clearer and better in yourself means you'll have enough on board to clearly see what's happening, what is needed, and have the wherewithal to respond.

I work with my clients in 5 areas to help them form a strong platform from which to respond to the ups and downs of life.

1. **Stress Management** - the one most people think of first. It's about knowing how stress affects you and how to pick up, and respond to, the signals that your wellbeing and stability is under threat. Resilience skills enable you to get through difficult circumstances and to pick yourself up when you get thrown in life.

2. **Emotional wellbeing** –this is about being able to get the specific nourishment, replenishment, and resourcing you need to undo the negative effects of stress. This is much more important than most people realize. Building heartfelt positive experiences is a key skill here. To do this in high stress situations it helps to know the mechanics of how stress and wellbeing work so you can focus your efforts for maximum benefit.
  
3. **Self Responsiveness** –Self Responsiveness is about how well you can identify and respond to your needs. It's quite individual and we all have different make ups, but useful concepts here are developing self kindness, self compassion, and self acceptance. They enable stability and an inner strength to emerge. There are also tools that you can use to respond when you feel battered, wounded, uptight or angry.
  
4. **Sense of self** – This include building boundaries that work for you and being able to protect them, strengthening your sense of self, understanding what is 'your stuff', and what isn't. It is also about knowing what works for you and what doesn't, what strengthens you and what drains you.
  
5. **Taking Action** - We can have all the knowledge and understanding we like, but if we can't take actions that positively influence our lives, then we remain where we are. Taking Action includes understanding what we can change and what we can't change, building internal and external resources for change, how to approach things in a way to makes change more possible, and how to make decisions. Accountability, building focus, minimizing the negative impact of distractions, and finding ways through procrastination and inaction, are all part of Taking Action.

When life gets difficult, building capacity and getting support helps you to steer your way through.

Go well



Peter