



Champions of people



Don't Sweat the Small Stuff

May 2014

As an EAP provider, we know very well how difficult it can be for employees to manage stress in the workplace. "Stress" and "work-life balance" are consistently in the top three of most common problems by EAP clients. As *Champions*, we know the stress of work well too. It's very easy to lose sight of your personal wellness when you are working hard to be your professional **BEST**.

In the spring 2014 issue of *REALiving Magazine*, Dave Barnard, CEO of Aurora Community Services (REALiving's parent organization), wrote an article about work/life balance. In that article, Dave shared the story of his relationship with his brother, Chuck. Chuck fought and lost a battle with cancer about four years ago. During his battle, Chuck would frequent talk with and confide in Dave about his experience. During those talks, Chuck reminded Dave the importance of "not sweating the small stuff" and clarifying for him that it's all "small stuff." That's true. And sometimes, life gives us a reminder of that important point. Dave's brother passing away was a reminder of that to Dave, and now to all of us. Most often, a tragedy or death will loudly illustrate the point that what is important in life is the ability to live, and enjoy, it.

As a *Champion*, work/life balance has two purposes for you. Not only should you strive to balance your work obligations for your personal **BEST** (and that of your family), but you should do it because you are role model for your employees. They watch you. They see exactly what you do to take care of yourself. They observe what efforts you to take to self-manage the stress in life. Many of them will model their own behavior after yours (more than you think).

Richard Carlson, Ph.D., has made a passion of helping people not to "sweat the small stuff." He's written twenty books around this philosophy, including "Don't Sweat The Small Stuff at Work: Simple Ways to Minimize Stress and Conflict While Bringing Out the Best In Yourself and Others." In the introduction, Carlson points out very accurately that every industry and workplace has some level of stress. While he acknowledges sometimes the stressors are "big" stuff that is the nature of the work, he also speculates that a lot of the stressors are "small" stuff that we spend too much energy on. He wonders what would happen if we used our energy to seek solutions, build positivity and think creatively.

At REALiving, we know exactly what will happen if you do that. You'll be your **BEST**. You'll find balance and clarity. You'll be mindful and well. You'll be more organized and a better leader.

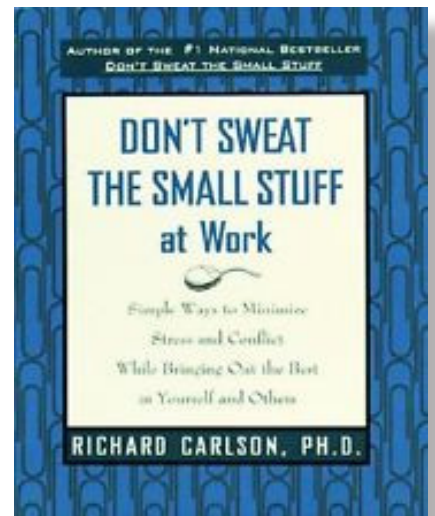
Challenge yourself to stop sweating the small stuff. Here are few ideas random selections out of "Don't Sweat The Small Stuff at Work" by Richard Carlson:

1. Become Less Controlling: We often remind ourselves at REALiving that you should never worry about things that you can't control. Be very wise in making a list of those things you can control. Much of what you think you can control (and spend a ton of energy on) is actually outside of your control. Don't waste your energy! Believe in the **BEST** of your employees and allow them to achieve!

2. Never, ever Backstab: Is that an illustration of your **BEST**? How does that conduct reflect on your personal brand? Your authentic **BEST** is honest, direct, trustworthy and, as a result, of high integrity. Don't let yourself down by backstabbing.

3. See beyond Roles: Sometimes we struggle to be creative and solution focused because we get stuck on our own role or the role of others. When a problem presents, get creative. Think about what solutions could be implemented. Don't worry about who would do them and whether it would make sense. Create a solution and then figure out how to make it happen.

We have two copies of "Don't Sweat the Small Stuff at Work" that we are making available to you! You can enter to win a copy of this book by emailing us at BEST@REALiving.com - and stop sweating the small stuff, so you can be your **BEST**!



For more information on resources to be your **BEST**, including professional coaching, EAP resources, workshops, training or events, contact REALiving at **855.233.1048**. Consultations are complimentary.

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