

DDocs' Anti Stress Guide

TOP TIPS for BUSTING STRESS



6 Ways To Relieve Stress While Sitting At Your Desk

1 Visualization
When you can't physically go to your 'happy place,' a quick mental vacation can do wonders for your stress. Visualize a beach, the top of a mountain, your favorite chair in the living room, or any other place you'd love to be. A quick mental vacation can relax your mind and body.

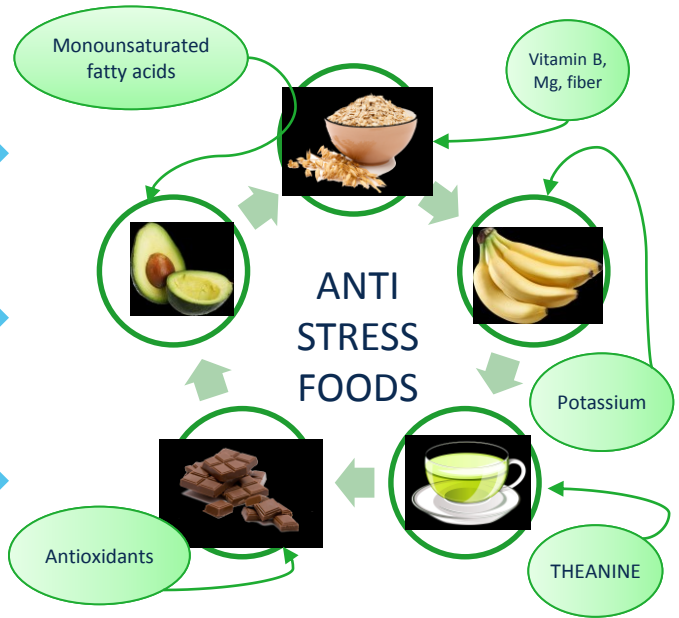
2 Muscle relaxation
Stress can cause you to tense certain muscles in your body without noticing that. Sore muscles – especially in the neck and shoulders – can stem from chronic tension. Focus on slowly tensing and then relaxing your muscles, one group at a time. Start with your toes and work your way up to your neck.

3 Doodle
If you get in trouble for doodling back in school, you'll be happy to learn that doodling has been vindicated. Doodling can actually help you to focus and can spark creativity which may help you subconsciously come up with solutions to current challenges. This can help bring down your stress levels.

4 Get a plant
Being stuck inside can sometimes be depressing and this can exacerbate stress. Introducing a bit of nature to a workspace can be calming. Studies show that having a plant at work can improve your cognitive performance. Most plants need sunlight, but there are some that can handle a windowless space.

5 Get some exercise
Adding some little bursts of exercise to your workday can make a big difference. You can take a walk during your lunch break, or have a walk-and-talk meeting. Treadmill desks and mini under-desk bicycle are becoming popular. Don't hesitate to surprise your lazy colleagues.

6 Laugh
A hearty chuckle stimulates circulation, relieves tension, increases endorphins released by the brain and produces a relaxed feeling. Surround yourself with a few items that will induce a giggle like a folder filled with funny photos or just talk to a co-worker with a hearty sense of humor or share a funny story.



Simple Habits to Relieve Stress

Turn off your phone for 30 min a day
Switching off gives you peace & space for your own thinking and reflection

Be thankful. Say it. Feel it.
Grateful folks are happier, sleep better & have more energy. Try to remember 3 things to be thankful for each day

Get in nature 20 min a day
Research confirms being with trees, sky and sunshine are inherently relaxing

Dance like no one's watching
Partner dance and musical accompaniment release endorphins and promote stress relief

Laugh Out Loud
Just thinking about laughing can start a chain reaction in your body that reduces stress hormones. So, don't hold back, just LOL

Name your feelings
Disarm the stress by calling it when you see it. Simply identifying your feelings about stress can go a long way to reducing it

Eat your veggies
Comfort foods aren't so comforting for your body. It's the vitamins, minerals and antioxidants in greens that lower your stress levels

Ask yourself the basic needs questions
Have all my basic needs been taken care of? Don't let yourself get hungry or skip a trip to WC

Call your Mom
A strong support system (of family or friends) is linked with being more resistant in times of stress. Voice contact can have same effect as a hug

LAUGHTER HELPS

Sometimes I wish I was an Octopus, so I could write 8 pages at once...

My friend said: "You have a BA, a Masters and a PhD, but you still act like an idiot..." It was a third degree burn.

Reason to do a PhD: woman having baby on plane "Is there a Dr on board?" Me: yes lol *gets out laptop and loads up MATLAB*

PhD: **Abbreviation**
An academic who has learned more and more about less & less so that eventually they know everything about nothing at all.

Girl: What is the idea of a perfect date?
PhD student: DD/MM/YY, other formats can be really confusing.
Girl: You will die alone!

When you have a PhD, every meeting you go to is...
A Doctor's appointment.

A PhD student, a post-doc, and their professor are walking through a city park. They find an antique oil lamp. They rub it and a Genie comes out in a puff of smoke. The Genie says, "I usually only grant three wishes, so I'll give each of you just one." "Me first! Me first!" says the PhD student. "I want to be in the Bahamas, driving a speedboat with a gorgeous woman." Poof! He's gone. "Me next! Me next!" says the post-doc. "I want to be in Hawaii, relaxing on the beach with a professional hula dancer on one side and a Mai Tai on the other." Poof! He's gone. "You're next," the Genie says to the professor. The professor says, "I want those guys back in the lab after lunch."

Is it a good idea to have multiple PhDs?
To a certain degree.