



Lowering Your Stress Level at Work

Tips and techniques to deal with impatience and anxiety.

How can you rein in stress on the job? Some simple steps can help you ease tension and leave you in a better frame of mind.

Try the 4-7-8 breathing method. Take a deep breath through your nose as you count to four. Then hold your breath for seven seconds. Then release it in a nice, steady exhalation for eight seconds. Keep doing this for 2–3 minutes.

Go outside and take a walk. A stroll through a natural or nicely landscaped environment is best. The sunlight may help to decrease your cortisol levels, which rise in response to stressors.

Take it a step further and exercise. Run, bike, head to the gym for lunch. A burst of physical activity, according to researchers at Harvard Medical School, stimulates the production of chemicals that can improve memory, concentration, and other brain functions.¹

Lastly, remember the basics. Getting proper sleep, eating well, and spending adequate quality time with friends and family can help prepare your mind and body to handle stress more effectively when it arrives.

Another stress reliever: the knowledge that you are doing the right things for your financial future. Every now and then, it is nice to have a look at where you stand.

Securities and advisory services offered through LPL Financial, a registered investment advisor. Member FINRA/SIPC. LPL Financial Representatives offer access to [Trust Services through The Private Trust Company N.A.], an affiliate of LPL Financial. To the extent you are receiving investment advice from a separately registered independent investment advisor, please note that LPL Financial is not an affiliate of and makes no representation with respect to such entity.

Not FDIC or NCUA/NCUSIF Insured	No Bank or Credit Union Guarantee	May Lose Value
Not Insured by any Government Agency		Not a Bank/Credit Union Deposit

¹health.harvard.edu/blog/regular-exercise-changes-brain-improve-memory-thinking-skills-201404097110 [4/9/14]