

5 Secrets for Beating Ambient Stress

Ambient Stress runs in the background of your daily life, below the level of consciousness. It can be produced by a combination of factors including:

- discomfort in one or more relationships,
- a lack of money to pay bills
- troubling personal news
- media reports of violence
- envy produced by what you see on social media
- prolonged bad weather

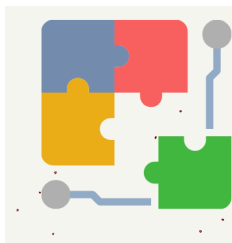
While we may not take time to think about these factors, they are a constant drain on our energy. Ambient stress cannot be eliminated, but here are five simple steps for reducing its impact:

Maintain a positive outlook. Empirical research has demonstrated that a person's mindset can make a tremendous difference in their day-to-day outcomes. If you expect the best, even in the midst of bad news, you are more likely to experience success. The opposite is also true. The outcomes you experience are a result of what you expect.



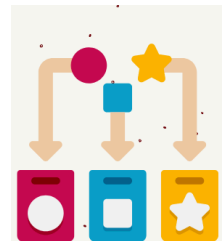
Resolve personal discord. Too often, we procrastinate when having to deal with ill feelings about others. Whether it's a misunderstanding or even an outright disagreement, these emotions sit in the background and contribute to ambient stress. Sure, there will be some momentary discomfort during resolution. But that's better than letting the situation fester.

Reduce and filter social media exposure. Most posts tend to revolve the great things other people are doing or what's happening. The resulting envy we feel can add to our feelings of inferiority. When we resort to looking at these posts whenever we have a free moment, this envy, adds to our daily stress. Limit your time on social media and block those contacts who add to these emotions.



Reduce exposure to mainstream media. Most people like to stay informed. Sadly, most of what is produced by the media these days is negative and polarized. So why watch or listen to it? Replace it with something positive such as an educational podcast or a good book. If you can't avoid it in a public space, move away from that area into someplace quiet and drown it out with music.

Keep things in perspective. If you listen to the news and some of those around you, you would think the world is coming to an end tomorrow. It isn't. Even if you lack the relationships and resources of some, your life is filled with many riches and conveniences. Bad stuff happens occasionally to everyone regardless of status. Decide to celebrate those opportunities and relationships.



Check out Bob's session: [Beating Burnout: Winning Strategies for Overcoming Overwhelm](#). Have an event or meeting where this topic would be a good fit? [CLICK HERE](#).