

ACTION PLAN

by Jeff Davidson,
Author of *The Complete
Work's Guide to Managing Stress*

Doing More with Less

If you're a survivor in an organization where many people have been downsized, it's important to maintain your sense of equilibrium. Many of those around you may be resentful of the situation they face—having to do almost twice as much as before—although they're thankful to be among those retained. To flourish in an environment where you're asked to do more with less, follow these rules:

Pace yourself. In the short term, you can work extra hours, you can work faster, and you can throw yourself at your job. In the long run, regardless of the situation, pacing is the order of the day. For example, you're better off working a regular schedule, even if it's long days, rather than pulling all-nighters and round-the-clock efforts—crashing, getting up, and expecting to be at your best.

Treat yourself well. Too many people under heavy stress abuse their gastrointestinal tracts, their hearts, and their heads. They fill up on fatty foods, alcohol, cigarettes or worse.

Maintain perspective. The higher-ups know they've reduced the staff, reduced the budget and reduced your resources. If you turn in a superior performance, they're probably all slapping each other on the back, knowing they have such a rare talent in their stable.

If you're doing the best you can do, truly doing the best you can do, why get stressed about it? If you're rewarded for your efforts, that invariably offers some release. And don't forget to pat yourself on the back once in a while. Just because.

Thoughts FOR LIVING

“Cherish all your happy moments; they make a fine cushion for old age.”

—CHRISTOPHER MORLEY

“Remember that happiness is a way of travel—not a destination.”

—ROY M. GOODMAN

Working At Your BEST

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