

Managing Workplace Stress: How To Stay Productive Under Pressure



Why does stress make you less productive?

- It activates the amygdala region of the brain
- It triggers a "fight or flight" response
- It steals resources from the prefrontal cortex (PFC)
- The PFC is responsible for creativity and problem solving

Positive experiences or exercises can:

- Mitigate the effects of stress
- Reduce the "fight or flight" response
- Increase productivity, creativity and job satisfaction

The five positivity exercises used in the study were:

- Write down three things you're grateful for
- Write a positive message to a coworker, friend or family member
- Meditate for two minutes
- Exercise for 10 minutes
- Write down the best thing that happened in the last 24 hours