

# 5 Ways to Gain Respect by Managing Stress

**T**HE EASIEST WAY TO COME TO MANAGEMENT'S ATTENTION is to melt down during a crisis. Or to say the wrong thing to the wrong person, just because you are having stress at home and you carry it over into the workplace. All of your good accomplishments, goals attained, and co-worker respect, all gone in one fleeting moment. All because you didn't know what to do to relieve stress.

Here are 5 ways to gain respect at work by being able to handle stress, specifically by managing your time better.

1. Have clear and defensible priorities. By being able to set your priorities, you are much more likely to achieve the most important items first. Also, being able to defend working on a priority, instead of working on a distraction, will allow you to accomplish more, in less time, and with less stress.

2. Have definite and defined short term, medium term, and long term goals. By being able to set specific deadlines for your goals, you can more easily decide the order in which your work needs to be done.

3. Have time in your schedule to handle stress. A good time management system will have gaps between appointments, and time allotted to pondering and thinking.

4. Have a tracking system for items you have delegated. Delegating work allows it to be done in parallel with what you are working on. So your efforts are doubled or tripled. You become more valuable by being able to get more accomplished.

5. Have time to rejuvenate. All your good intentions and skill aren't worth beans if you don't have the energy to accomplish them, your time management system should have time built in to focus on yourself.

Most stress management articles and books aim to answer the question of how does stress affect health. And with good reason. Stress not handled properly can kill or cripple you. But stress unhandled can also kill your career. One of the most respected qualities that management is looking for in choosing who to promote or who to give responsibility to, is the ability to remain calm under pressure, the ability to handle the day-to-day stress of the workplace, and to handle the sudden unexpected crises that always pop up. By having a quality time management system, you can more easily handle stress. By handling stress at work, you are much more likely to receive more promotions, more recognition for your skills, and the respect of your co-workers and management.

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