

Effectively Dealing with Stress:

An Evening with **Anabel Schröder**, Psychological Consultant

Feeling stressed? You're certainly not alone. According to recent studies, over 50% percent of the German population suffers from stress, and the majority of illnesses in the United States have been determined to be stress-related. Not only does stress negatively impact the human body, it can also lead to serious psychological problems such as depression and anxiety disorders. It is therefore no wonder that stress can wreak havoc in the workplace by significantly decreasing employee productivity and increasing company expenses.

Should you be on the verge of tearing your hair out because of too much stress and too little time, you might want to consider a mini stress seminar with Anabel Schröder, who offered an overview of her concise yet effective program on how to successfully deal with stress at the PWF February event.

Anabel's presentation began with a clear definition of what stress is, what physical and psychological effects it can have on the body and mind, as well as what role stress plays in the business world. Apart from a few outside factors, we create most of our stress ourselves by reacting either negatively or

inappropriately to many of life's situations. A significant portion of the evening was therefore devoted to becoming aware of behaviors that lead to increased stress and how to change these patterns. Anabel also reviewed some simple relaxation techniques and helped us understand how important it is to keep all aspects of our lives in balance, including spending time with family and getting regular exercise. One of the highlights of the evening was Anabel's suggestion to make a 'completed' list as a follow-up to the average 'to do' list, a simple and practical way to encourage and motivate those of us whose plates are often too full.

A founder of the Institute for Coaching and Psychological Counseling, Anabel Schröder is a trained psychological consultant specializing in stress management. She conducts her seminars in companies and businesses throughout Hamburg and also offers individual counseling. For more information about Anabel and the services offered by the institute, please visit www.beratung-und-coaching.com. Many thanks to Anabel for providing us with new insights that we can easily apply to our further personal as well as professional development.