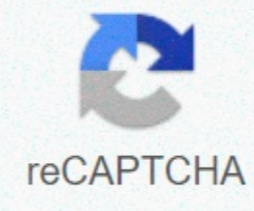




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Dragon quick kill

Continue with the latest daily buzzing with buzzfeed daily newsletter! If you've ever felt your heart skipping a beat after your boss screamed at you, it might be more than just your imagination. A study of 6,000 British male office workers over a four-year period, recently published in the Archives of Internal Medicine, found that employees who felt treated fairly by their supervisors had a 30 per cent lower risk of heart disease, the leading cause of death in the industrialised world. In other ways, caustic, abrasive and oversue bosses may be taking years of employee life. Of course, we all feel stress in the workplace at one point or another, but even the most ai.P.P. is rarely seen as a potentially serious health problem. A recent study in the Journal of the American College of Cardiology, however, showed that high levels of stress or depression due to work run parallel to traditional risk factors such as high cholesterol and smoking. For cardiologists, who dont usually mix in psychology, the study points to growing evidence that the head can have a lot to do with the heart. Think of the killer boss at the top of the list of causes. But not all hope is lost. According to doctors and other stress experts, lowering health risk is as much about managing the rigors of your work as it has been blessed with a fair and fair boss. You can't change your boss's lines, but you can learn to put up with the pressure and anxiety that he or she induces. Identifying the problem, some hospitals have already developed programs to help people in high-stress jobs that lead healthier lives. For example, the University of Michigan's Cardiovascular Executive Health Program works with leaders in addressing diet, exercise – and stress reduction. Many leaders have lifestyles that match the development of heart disease, says Dr. Melvyn Rubenfire, director of preventive cardiology in Michigan. They have high stress, travel a lot, eat on the road. The Michigan program performs thorough physical examination and makes recommendations on fitness and nutrition, but Rubenfire also gives great importance in addressing stress in the workplace. And even with all the sophisticated tests the programme carries out, some stress reduction recommendations are extremely simple – which also apply to managers and employees. You attract them to understand that you can only relax by closing your eyes, rubenfire says. The program helps them understand that they don't need trips to the spa or mountain resort to relax. Rubenfire advises patients to use simple techniques such as looking at pictures of their families, visualizing a beautiful holiday place, or even trying to imagine a problematic situation as comical rather than stressful. What we're trying to do People recognize [stressful situations] before they happen, he says. They don't wait for a crisis, but because they know what it means to be relaxed, they can feel subtle changes before they get to too high levels of stress. Rubenfire is not surprised by the study's findings on the reduced risk of heart disease for workers who felt they had honest bosses. It's not that justice at work is key, but how it interacts with job satisfaction, he says. It's important to make you happy at work. As Americans continue to work some of the most difficult hours in the industrialized world, too many unhappy hours can take a benefit. Psychologist and executive coach Michael H. Kahn studied how workers' stress is coping and how it affects the way they work. He says he sees many companies - and employees - who don't understand that stress management every day leads to a happier, healthier, more productive work environment. Managers would get to know each other well. When companies can't find ways to help workers reduce small stress in the workplace as they occur, he says, productivity is falling. And most of us don't know how this build-up won't overheard it. People work, and then they do something on weekends or once a month to ease their stress, says Kahn. Workers are better off building small, five-minute break-ins in their day and learning how to anticipate and react to stressful situations. Even though it adds time to your work day, you're coming back with better energy, adds Kahn. Think about what happens at a sporting event – they take the time, they have quarters, half. All of this allows players to take a mental and physical break, so when they come back, they are re-in-schooled. But if you look at what's going on in business, it's rare. Partly because of the dominant bosses, many workers felt like they had to stay at their desks instead of stopping for a few minutes to re-paint. Kahn says this has led workers to try to override the messages they need for a break. As the day progresses, more energy is needed to override these messages, and productivity is being reduced.??? Next time the big cheese calls you to a meeting you got rid of, or when you're worried about tomorrow's deadline, you're not going to finish today's project, slip in five minutes to back off, take a deep breath and relax. Your heart – and much perhaps your employer – will ultimately thank you. This technique shows you how to kill and cram and keep ants from bed on the lawn. Very simple! Share Pin it Tweet Share Email class=bigphoto>You found your list of things you want to achieve for today, and yet, after a series of meetings you had to go all day, none of the things on your Finished. This is because meetings are almost always a big drain in your time, and it needs to be killed in sight. Think of the last few meetings you've attended – did you sit through them and wish you were somewhere else, or end the meeting and wonder what the point of the meeting is, or worse, that you could achieve the same thing through a simple email? Meetings are time pigs, and often leave to wish they could get that time back. Is it possible to have a productive meeting? Sure, but it's rare. A productive meeting would be if ideas could be communicated and agreed more quickly than via phones or email, not longer. A productive meeting would have a clearly defined purpose, be as short as possible and have a result with assigned tasks to be carried out after the meeting. In all the organisations I have worked for or worked with, these meetings are really rare — if they exist at all. Instead, kill the meetings in your life and do the tone more. Here's the deal: Don't hold meetings. If you are the boss or are in charge of scheduling meetings, you have the authority to cancel them. Try to go one day without them. Instead, they have the same intentions to reach out via email. Do you have a meeting where people give you progress reports? Have them send you an e-mail every day a progress report at a specific time and have your assistant collect them for you. Meeting at first sight. Communicate by email, phone, and then in person. Make e-mail in the default communication mode. If someone wants to set up an appointment, ask them to send you an email asking you instead. If that's not good enough, agree to talk about it on the phone. In the last emergency, you agree to a five-minute face-to-face stand. Disagree with coffee or lunch – most of the time you're just chatting. And when you're talking on the phone or in person, quickly search the point — fix the pre-friendly chat. Just dive in: Ok, what should be done here? What are we trying to achieve? What tasks will anyone do? And then you're done. Begging. If you're not the boss, you might not be in control of whether or not meetings have taken place. In this case, ask to skip it. Tell me you have an emergency project on schedule, and you won't be able to make it to the meeting. If your boss insists you succeed, ask if he or she would like to approve an extension of your project. Fill out the agenda. Ask for a copy of the agenda before the set. Then fill out everything on the agenda before the meet. For example, if you want to discuss a report in a meeting, you should write the report in detail with comments and place recommended actions at the bottom. Send this to your boss and tell them you've already done what's necessary so you can work on another Instead. Eliminate the need to be in a meeting. Puppydog technique. Tim Ferriss, author of the four-hour work-life, suggests using a puppydog sales technique to get out of meetings. In fact, this technique was originally used by pet shops for sale - if a customer waves, tell them to just take the puppy home and try it, and if it doesn't work out, they can bring the puppy back. A lot of people will agree to this little trial - and they rarely bring the puppy back. Ask your boss if you can skip the meeting just for today, because you need to finish something urgent. Just that once is hard to say. Eventually, your boss will realize that you don't have to go to an appointment and that you're more productive if you don't. Work from home. Convince your boss to let you work from home, and you can skip all the meetings. This is ideal, of course. Make sure you're more productive at home than in the office. Go to work. If you can skip the meeting, actually do things – important things. Be 10 times as productive as the people who went to the meeting. Show me the proof. When the boss comes out of the meeting you skipped, return that big report or project. Show that you've been super productive without meeting – with cold, hard evidence. Do it enough times, and you will delight your boss and the unproductive meeting will be a distant memory. Memory.

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