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**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Five Tips to Reduce Environmental Stress**

**By Ed Sykes**

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Life is stressful enough without allowing the physical environment – air quality, lighting, noise, and other controllable factors – to intensify day-to-day stress. Especially in the Fall and Winter is where you experience less daylight and more mood swings.

The great thing about environmental stress is that in most cases we can control what is in our environment that is causing the stress. Take these five steps to eliminate environmental stressors that might cause stress and tension in your work and home life.

1. Increase your activities during natural light.  
Natural light elevates the mood and helps maintain a regular internal body "clock". Especially during the fall and winter we experience a substantial decrease in natural daylight. If you're indoors, try working next to a window and allow as much sunlight as possible to enter your space. If you work in an office without windows try buying a natural sunlight lamp (<http://www.wackyplanet.com/natsunlam.html>). These lamps can help with Seasonal Affective Disorders as they provide a natural sunlight spectrum for health and well being. Prolonged exposure to artificial lighting in any setting can be an environmental stressor.

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### 2. Ban tobacco smoke.

Constant exposure to tobacco smoke and its toxins can be a persistent environmental stressor and lead to respiratory problems and other symptoms.

### 3. Evaluate your furniture arrangement.

Arrange your furniture so that you don't feel cramped. Remember you are more productive in a relaxed environment. Also, is your furniture arranged so that you inviting constant interruptions from visitors? If you can, move your furniture from the line of sight of potential visitors so that you can focus better, accomplish your goals, and decrease stress.

### 4. Frequently Change Your Ventilation or Air Filters.

Your office or home is full of ingredients found in cleaning supplies, upholstery, carpeting, adhesives, and in chemicals. Devices such as copy machines, printers and computers all contribute to poor air quality. Combine that with working in an office building where you can't open windows it makes the situation ten times worst for the occupants. In extreme cases, individuals may become physically ill from these pollutants, and even moderate doses can cause coughing, a scratchy, burning throat, and other symptoms.

If you are concerned about poor air quality in the office speak with the building maintenance crew and see how often they change the air filters. In most cases, if you explain in a friendly manner why you are concerned they will make an extra effort to change at least the filter in your area. Also you can buy a personal air filtration kit at any appliance store to make your life easier. Open windows At home to allow air circulation. Also frequently change your home air filter.

### 5. "Bring the Green In."

This is a term my wife, Joy Fisher–Sykes, uses to say that natural colors make us more relaxed. Color has effect on your mood and energy level. It is generally agreed that blue and green are very relaxing colors. On a personal basis these might not be the colors that relax you. You decide on the amount of color you're comfortable with and the shades that most appeal to you. For example, bright yellow would tend to irritate me it may work just fine for others because of its brightness. Experiment with colors that will work to minimize stress for you.

Remember, these are all environmental factor that you can

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change to work for you. Just recognize what works for you and take the first steps to decrease stress.

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### **Five Instant Ways to Reduce Environmental Stress – Part Two**

**By Ed Sykes**

#### **Five Instant Ways to Reduce Environmental Stress – Part Two by Ed Sykes**

It's time for part two of the series to reduce environmental stress in your life. In Five Ways to Reduce Environmental Stress – Part One, I shared with you five ways you can immediately reduce stress by controlling your environment. Now I will share five additional ways for you to make a difference in your life, be more relaxed and productive, and reduce stress.

The five ways are as follows:

##### **1. Make the Air Play Fair**

Control the air humidity in your environment to a level that's comfortable for you. Too dry or very humid air can produce unpleasant environments. Air humidity can even produce various physical symptoms. Dehumidifiers can take control of the air quality to make rooms feel more livable. You can acquire these portable humidifiers from any department or discount store. Must sure you acquire one with a "quiet" button to reduce the noise when running. If needed, add a few plants to provide a bit of moisture.

##### **2. Lose the Clutter**

Rid yourself of all the clutter that surrounds you. Improve your time management skills so that you can prioritize what "stuff" is important and what isn't important. If you are not immediately working on an item, move it out of line of sight. Not only will your environment become more visually pleasing and relaxing, but you'll avoid the stress of constantly searching for important items among the excess.

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### 3. Get Rid of Static noise

Everyday we are experiencing "static" noise. Phones ringing, computers dinging, radios playing, TVs with "talking heads" playing, coworkers interrupting, etc., are all examples of static noises. These noises create stressors that impede our abilities to think and ultimately create work and life solutions. They also can take their toll over time on our moods and energy. Do what you can to reduce background and unwanted noise. Turn off radios and TVs when not using them with purpose. Reduce or turn off all computer noises if they are not necessary. Use noise reduction materials such as partitions,

curtains, etc., to quiet your environment. When you can, take a "silence is golden" break in a quiet room to recharge your emotional and mental batteries.

### 4. Make Your Workspace Work for You

Use good ergonomic techniques in your workplace to reduce the risk of repetitive strain injury, eye strain, back pain, and other uncomfortable symptoms. Pay particular attention to your chair, desk, and computer setup since most likely you will be using these items the most. The correct setup of these items will save you years of wrist, elbow, back, and eye pain and strain.

### 5. Create an Empowerment Zone

Create at work or at home a retreat for yourself to reenergize yourself both mentally and emotionally. Not having space for this zone is not an excuse. It can be a private room or your favorite chair or desk. Include items such as plants, books, relaxing music, and pictures to create an environment of peace. Use this area to think and visualize the positive things in your life. You might want to think of future situations in your life and how you will master them for your benefit. Use this area for carrying out important tasks whenever possible.

Go apply these techniques today! Apply what works for you and reduce your environmental stress.

Ed Sykes is a professional speaker, author, and success coach in the areas of leadership, motivation, stress management, customer service, and team building. You can e-mail him at <mailto:esykes@thesykesgrp.com>, or call him at (757) 427-7032. Go to his web site, <http://www.thesykesgrp.com>, and sign up for the newsletter, OnPoint, and receive the free ebook, "Empowerment and Stress Secrets for the Busy Professional."



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