

Career & Workplace

Guest comment

GUEST COMMENT: Some tips on managing stress in the workplace



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Medical Transformation Center co-founders Dr. Carl and Terri Paige.

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As business owners and managers, we're all experiencing an enormous amount of stress as we deal with a variety of issues including worker shortages, supply chain delays, inflation and skyrocketing gas prices driving up the cost of doing business.

Owners and managers who feel stressed out unwittingly create tension in the workplace. According to a recent survey, 83% of workers say they suffer from work-related stress — a statistic that is on the rise. The study also said 60% of workers have left a job or would leave one over a bad boss.

As health care practitioners, we see the damage stress can have on the body each and every day. Many of the health issues we face can be attributed to elevated levels of stress.

The harmful effects of stress both physical and mental are well-documented. Chronic headaches, digestive problems, fatigue, irritability, and inability to make decisions are some. Long-term stress negatively affects the immune system making fighting off that cold or the flu even harder.

It also disrupts the gut microbiome resulting in gastro intestinal issues. Stress leads to overall hormone disruption which yields unhealthy weight gain resulting in more sluggishness, lack of motivation and an inability to lead effectively.

Managing stress

While daily stress can be overwhelming, there are steps we can take to mitigate its harmful effects and become the leaders our companies need, and someone our employees can look to for motivation and support. To be good leaders, we must begin by taking care of ourselves.

Changes in diet, the addition of healthy supplements and daily exercise are just some of the ways we can help ourselves and our employees:

- Nutrient infusion therapy delivers high doses of essential vitamins such as vitamin C and D and minerals such as magnesium, calcium, or iron through an IV which allows your body to absorb them faster. A simple blood test reveals your individual nutrient deficiencies. Each infusion therapy is specially calibrated to address those deficiencies and give your body what it needs.
- Regenerative peptide therapies can boost memory and cognitive function. Peptides help to repair and regenerate tissue, including brain tissue. Since they are naturally occurring in the body, they are easily broken down into amino acids and then eliminated making them extremely safe. Peptide therapy can be given in pill form, nose spray, or through an IV depending on which therapy you need and your personal preference. For those experiencing unhealthy weight gain, targeted peptide therapies and a nutrition overhaul can help reset metabolism.
- Sleep is essential to overall good health. During sleep cycles, our bodies are repairing muscles and tissues, building bone, boosting the immune system, and regulating hormones including those responsible for maintaining healthy weight. The brain is also working, forming new neuropathways which aid in learning and creating long-term memories. Adults should be getting seven to nine hours of sleep each night. Sleeping in and trying to make up the deficit on the weekends just doesn't work. For better sleep, put away your phone and iPad, turn off the TV and stop eating carbs and fat at least 90 minutes before you go to bed. This allows your system to recognize the natural day-night cycle and stimulates the production and release of beneficial hormones.
- Downtime is also important. Taking time for yourself at some point during the day to enjoy a good book, a favorite hobby or simply sitting quietly on the porch can do a lot to boost your mood and lower stress hormones.

Setting an example

It's so important as business owners and managers that we lead by example and deal with our own stress. When you're on an airplane you're told in case of emergency, put your oxygen mask on first and then help your child. In the case of stress, you, as the leader, need to find ways to mitigate your stress so you can create a more positive environment for your employees.

As leaders, we set the tone and culture for our companies. If we value our own health and well-being and that of our team members, they will feel well cared for, more valued, and be more committed to their jobs.

In this current climate of labor shortages and workers lured away by higher salaries, we need to offer something more to our teams. We need to commit to them as people and support their physical and mental health in a more substantial way.

We believe having personal health as a corporate core value is the wave of the future.

— Terri Paige, CEO and Dr. Carl Paige, chief medical officer, are co-founders of Medical Transformation Center, a regional hub of innovation, advancing optimal health through cellular medicine, and helping the body heal itself.