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STRESS BEATERS

As an event planner, you're so busy taking care of the details of the event and your guests that your own needs can get lost in the shuffle. You find yourself staying up too late, getting up too early, and fuelling yourself with coffee.

Instead of frequent flyer miles, you're racking up frequent walker miles as you traipse through venues. By the end of the event, your feet are throbbing, your head is pounding, and you have the caffeine jitters. It's time to give yourself a break!

Take care of yourself

While the nature of the business dictates that there are times when you have to sacrifice personal comfort, keep in mind that, in order to perform at your best on the job, you need to make taking care of yourself a priority. This means doing what you can, when you can, to rejuvenate your body, mind, and spirit.

Here are some tips to survive the stresses of event planning:

- Increase Your Stamina - Your body will be better able to handle the mental and physical stresses of event planning if it's in top condition. Carve out time for a one-hour workout three times each week.
- Take a Slice of Home on the Road - If event planning takes you out of town on a regular basis, pack a kit of 'home essentials'. Include photos of loved ones, a scented candle, a good novel, your bathrobe, and maybe even a chocolate bar or two. Decorating your hotel room with items that make you feel at home helps you unwind after a long day and keeps you centred.
- Plan Your Own Event - Join a group of likeminded friends or colleagues for a monthly event. Take turns planning the outing, whether it's a picnic in the park, tea at a local hotel, or hearing the new jazz band that's playing in town. You'll get away from work, have some fun, and find the support you need to keep you emotionally strong.
- Remember to Eat - Popping a can of Coke or pouring another cup of java isn't a nutrition solution. Your body needs fuel and your brain needs nourishment to function at its best. Even if you're on the go and can't stop for a full meal, keep a stash of protein bars, nuts, and dried fruit in your briefcase so you won't be running on empty.

You probably have your own mental list of stress busters - the trick is to use them! When you do, you'll find you're more effective in your job and happier with your life.