

Megan Hills interviews
Ed Lukaszewski
Counselling Psychologist, Glebe (Sydney)



Busy and balanced? Yes, it can be done

Giving a one-hour talk on stress management is usually a breeze for Ed Lukaszewski. But on this day it was four o'clock on a Friday, at the end of an intensive two-day conference. This meant addressing a room of lethargic middle managers and senior executives with glazed eyes. So Ed got straight to the point.

He suggested that our lives can be seen as days of the week, essentially in ten year blocks. 'Consider your age and what day you are up to,' Ed said to his audience. As most were in their fifties, they realised they were already up to Friday. Friday? There was an audible gasp from the audience. 'Given where you are in the week, think about your priorities,' Ed then suggested. He went on to describe the main aspects of our lives as points around a compass:



After identifying what is stressful in your life, Ed Lukaszewski says, the next step is understanding what you can control.

Seven key tips for reducing stress

1. **Exercise** every day – at least 30 minutes
2. **Enjoy a balanced diet** – healthy food, drink little caffeine and alcohol
3. **Sleep** regularly and well - most people need 6-8 hours per night
4. **Take time** out for **family and friends**
5. **Do some relaxation activities** – e.g. meditation, yoga, tai chi, etc.
6. **Develop your time management, assertiveness and communication skills** so you can negotiate well around your own needs
7. **Notice when your thoughts become negative** and shift them into a positive frame.

What Ed Lukaszewski says about Eleanor Shakiba

"During the fifteen years I have known Eleanor, I have seen how she has used what she teaches for her own professional development. Eleanor is a very good listener, has a warmth about her and is excellent at communicating ideas. She also offers suggestions about improvement in gentle and constructive ways".

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