

Management Tip : Make stress work for you

BOSTON: If you can't avoid it, embrace it: many studies show stress can enhance your performance by getting your brain to kick in at a higher level, says Harvard Business Review.

The Management Tip of the Day offers quick, practical management tips and ideas from Harvard Business Review and HBR.org. Any opinions expressed are not endorsed by Reuters.

"Stress at work may be inevitable but it doesn't have to be detrimental. In fact, many studies show that stress can enhance your performance by causing your brain to use more of its capabilities, improve memory and intelligence, and increase productivity. Don't seek out stress -- less of it is better. But, make the stress you do have work for you. Recognize that it isn't all bad and develop an awareness of why you feel frazzled.

Then, redirect the energy behind your worry toward productivity. Reframing stress as a potential positive can reduce the harm it causes."