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"Next time you're stressed, take a step back, inhale and laugh. Remember who you are and why you're here. You're never given anything in this world that you can't handle. Be strong, be flexible, love yourself, and love others. Always, remember, just keep moving forward."

Dear All,

End of Q1 2014 is almost there! Once again in our newsletter, you will highlight how Science can help us to better understand who we are, how we react and why. Studies on stress made in the US show that turning stress into the enemy is bad for your health and you should try to turn stress to the ally side instead. Moreover, you need to know (more) about the dual role of stress hormone; Oxytocin.

Next month, we will talk about how candidates live executive/direct search experience with us. Indeed, all testimonials you can see in recruitment industry are all about clients, companies.

Best Regards,

Zoran Marinkovic

Managing Partner – Blue Marin Management Consultancies

Some Tips on How to Better Manage Stress

It is as much dangerous to experience a lot of stress as you **only think** that stress is harmful for your health, even without being under stress! The only belief that stress is bad for you reduces your life expectancy. [Can changing how you think about stress makes you healthier? The Science says YES!](#)

When you change your mind about stress, you can change your body's response to stress. Indeed, another study was conducted during a social stress test where some of the participants were taught to rethink their stress response as helpful for their performance. The results show that participants who learned to view the stress response as helpful, they appeared less stressed out, less anxious and more confident.



Why is that? Without going into details in biology, breathing faster brings more oxygen in your brain and pounding heart prepares you for action. In other words, your body is energised to meet this new challenge: your heart rate increases but their blood vessels stayed relaxed. Unlike, in a typical stress response, your heart rate goes up, and your blood vessels constrict like this. And this is one of the reasons that chronic stress is sometimes associated with cardiovascular disease.



It proves that when you view stress as an ally and not an enemy, your body believes you, and your stress response becomes healthier.

On the other hand, stress makes you more social. Oxytocin is a neuro-hormone that fine-tunes your brain's social instincts. It primes you to do things that strengthen close relationships, it enhances your empathy.

It even makes you more willing to help and support the people you care about. The tricky thing is that oxytocin is a stress hormone too and it does not only act on your brain but it also acts on your body, and one of its main roles in your body is to protect your cardiovascular system from the effects of stress.



It's a natural anti-inflammatory and helps your blood vessels stay relaxed during stress. Besides, the effect on the body is actually on the heart. Your heart has receptors for this hormone, and oxytocin helps heart cells regenerate and heal from any stress-induced damage.

This stress hormone strengthens your heart and these physical benefits of oxytocin are enhanced by social contact and social support, so when you reach out to others under stress, either to seek support or to help someone else, you release more of this hormone, your stress response becomes healthier, and you actually recover faster from stress. When life is difficult, your stress response wants you to be surrounded by people who care about you.

What are you waiting for to help your family, friends, neighbours, colleagues? Behave as a team.

Meet Blue Marin Management Consultancies

We apply direct search methodology also called Executive Search approach process whereby we approach targeted candidates who are not actively looking for a job.

Industry Practices:

- Information & Communication Technologies (ICT)
- Engineering, Construction & Building Materials
- Consumer Goods

Functional Practices:

- Supply Chain
- Human Resources
- Corporate Finance
- Sales & Marketing
- Engineering

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