



Time Management and Productivity Pro Laura Stack Suggests a Productivity Booster Shot



DENVER, Colorado, October 2, 2012 – Workplace demands and distractions can take a toll on even the most dedicated employees. Workers often find themselves in an unproductive rut that can seem inescapable. In her latest blog titled [“A Booster Shot for Your Productivity,”](#) time management and productivity expert Laura Stack offers a productivity “injection” in the form of some new tactics to regroup and restart when your productivity slips.

Stack’s blog wastes no time in cutting to the “vaccine” needed – good habits that boost productivity via four multi-positive strategies:

Get healthy. It’s easy to ignore symptoms of a cold, an insomnia-induced daze, or low energy stores. For those suffering from an illness they can’t shake, a visit to the doctor is in order, Stack says. Otherwise, Stack stresses a recipe for good general health every day that calls for mixing a balanced diet, exercise, healthy sleep, and a large slice of humor and happiness. Consume daily to regain and maintain top productivity levels.

Change your posture. Ergonomics is not a 90’s catchword; it’s an important term for maintaining healthy posture during work to avoid repetitive motion injuries (like carpal tunnel syndrome) that can cripple anyone’s workplace productivity.

“You should sit up straight at your desk rather than hunch over as you work, in order to avoid back pain,” Stack says. “But you may be surprised to learn that certain ‘power poses’ can improve your attitude.

“Putting your hands behind your head with your elbows out encourages you to sit up straight and aids the flow of ideas. Loose, open postures that take up more space restrict your body less, making you feel more powerful and positive.”

Adjust your attitude. In the blog, Stack reminds readers that busy doesn’t equal productive, and although hard work is important, results are what really matter.

“You’re better off when you decide to delegate some matters to others who can handle them better or more cheaply,” Stack says. “Trim the fat from your schedule, let the little things go, start reframing challenges as opportunities, and move forward with a positive, can-do outlook.”

Polish your self-esteem. Stack reminds readers that they have an obligation to themselves to do everything possible to shore up their self-esteem, particularly when work becomes tedious and depression begins to set in. By finding a way to feel better about themselves and their accomplishments, employees can improve their overall work performance.

Stack says that any one or a combination of these symptoms can affect the productivity process at all levels. Over time they can be difficult to recognize or address, but they fill all the little cracks in a person’s personal productivity foundation.

The key is to get a handle on the problem before it becomes too challenging to overcome. By immunizing oneself with her four multi-positive strategies, anyone can ward off flagging productivity.

For more information on delivering productive results, visit [TheProductivityPro.com website](http://TheProductivityPro.com), Email Laura@TheProductivityPro.com, or call 303-471-7401.

About Laura Stack:

[Laura Stack](#) is a time management and productivity expert who has been speaking and writing about human potential and peak performance since 1992. She has implemented employee productivity improvement programs at Wal-Mart, Cisco Systems, UBS, Aramark, and Bank of America. Stack presents keynotes and seminars internationally for leaders, entrepreneurs, salespeople, and professional services firms on improving output, lowering stress, and saving time in the workplace.

The president of [The Productivity Pro®, Inc.](#), a time management firm specializing in high-stress environments, Stack is the bestselling author of five books: [“What to do When There’s Too Much to do” \(2012\)](#); “SuperCompetent” (2010); “The Exhaustion Cure” (2008); “Find More Time” (2006); “Leave the Office Earlier” (2004). The 2011-2012 President of the National Speakers Association and recipient of the Certified Speaking Professional (CSP) designation, Stack has served as a spokesperson for Microsoft, 3M, Xerox, and Office Depot and is the creator of The Productivity Pro® planner by Day-Timer. Widely regarded as one of the leading experts in the field of employee productivity and workplace issues, Stack has been featured nationally on the CBS Early Show and CNN, and in USA Today and the New York Times.

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