



# BLNGEMA



Quarter 2 2016

*"The white bellied sea eagle is a frequent visitor to our loading jetty. We must play our part in ensuring that this sea eagle remains a familiar sight, now and for future generations."*



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# MD Message

Dear Colleagues,

*Bismillahirrahmanirrahim*

Assalamualaikum Warahmatuallahi Wabarakatuh/ Warmest Greetings

In this Q2 edition of BLNGema, I want to focus my thought on Environment, why it matters and how we link our operation for sustainability.

Environment plays a vital role in where we operate especially within the parameter of our neighbours the Liang Lumut Community and our counterparts within the industry. Our focus continues to improve our environmental footprint with giving no harm to the environment. This is part of our commitment in ensuring that our operation is sustainable for the future generation. Brunei LNG is an environmentally responsible company where every project that we dealt with should take into account the impact towards the surroundings, the people within Brunei LNG and its neighbours. Most projects look into the improvement in air quality, energy efficiency, waste management and revegetation.

In terms of improving air quality and energy efficiency, we focus our effort on our flaring activities, i.e. monitoring the effect from the flaring. Based on the severity of the flaring, we conduct air quality monitoring in Liang Lumut area and share the outcome via a Townhall with the community. We also monitor and report Brunei LNG's air emission to help drive compliance and continuous improvement as per our Green House Gas (GHG) and Energy Management Plan. Internally within the respective departments we identify opportunities to improve our energy and GHG footprint as part of the Fuel and Loss Management. In terms of waste for example we identify and manage disposal routes for different types of wastes, including special waste such as mercury. In dealing with chemical, we manage them through risk assessment and the provision of product stewardship training. Additionally we also do continuous follow up on expired chemical products, in ensuring that we minimise or avoid stranded wastes in Brunei LNG. In terms of water, we do weekly monitoring and monthly sampling on the water effluent discharge to ensure no abnormalities.

In dealing with soil and groundwater, I am pleased to highlight that besides having an annual reporting and providing advice, Brunei LNG also extends its collaboration with external stakeholders such as UBD, Wetlands international BSP and Heart of Borneo. This is through our pilot projects with the University Brunei Darussalam (UBD) on revegetation in Badas area. This project started in 2012, where BSP, Brunei LNG and W1 Malaysia committed to collaborating in an 18 month project for the Lower Belait Valley, especially the Badas peat dome. The objectives of the project were to produce a Biodiversity Action Plan for the onshore footprint of BSP, to develop a Communication plan aimed at preventing fire incidents in peat areas, and to develop and implement plan for ecological restoration of disturbed key areas. The main focus of Brunei LNG is in preventing forest fires at the Lumut pipeline road. This is done through the upgrading of 29 canal blocks composing of compacted peat soil. The first installation was made in 2014 at 200 metre intervals along a 14 kilometre stretch of Brunei LNG's water pipelines road. At present, additional improvements have been made to prevent any overflow of water during the rainy season. This is a continuous project that includes looking at the optimal height of the block. We will continue our effort in making this a successful and sustainable project.

*Together we work as a team for a Sustainable Future.*

Regards,

**Mohamad Awang Damit**

*MD/CEO Brunei LNG Sendirian Berhad*



# COLLABORATION PROVIDES A WORTHWHILE INVESTMENT FOR BRUNEI LNG ON EICF SUSTAINABILITY

It was in July 2013 when the Energy Industry Competence Framework (EICF) Programs started. It offers various programs for those students from diverse entry level starting Year 9, GCE 'O' Levels, as well as HND, Degree Graduates and above.

The EICF objectives encompass to define the competencies required to perform jobs and roles in the workplace (Energy Industry); to close the gap through alignment between training providers and industry requirements; and to increase employability of Bruneians to work in the Energy Industry. (Source EICF Website).

As a follow up action on the sustainability of the EICF programme, Brunei LNG, EIDPMO, Ministry of Education and the Ministry of Communications of the Government of His Majesty the Sultan and Yang Di-Pertuan of Brunei Darussalam continuously enhanced the curriculum requirement under the EICF Framework through collaboration with SVSB (Sekolah Vocational Sultan Bolkiah) and MKJB (Maktab Kejuteraan Jefry Bolkiah). This collaboration involves the commitment of Brunei LNG in providing regular trainings and assessments. In facilitating this collaboration, additional training models have been developed for the EICF programme. Brunei LNG has also invested and added on to the training inventory in

SVSB and MKJB, which enable the effectiveness of delivering and transferring of knowledge and critical skills from the industry to the institute and vice versa.

This is in line with His Majesty's Titah which highlighted that the Private Sector should be able to develop rapidly and turning challenges into opportunities, and boost employment opportunities for locals. This is also aligned with the Wawasan Brunei 2035 in providing skills and knowledgeable workers to meet the industry's requirement for now and the future.

The collaboration has provided additional benefits on this HNTec programme which include as follow:

- 1) Prepare the student for immediate employment on graduation.
- 2) Expose the institution to industrial best practices to meet workplace requirement.
- 3) Provide additional learning platform for young Brunei LNG's rotating staff in developing their technical skills.
- 4) Provide larger workshop and space to deliver effective training







Visit by EIDPMO



Visit by Hiroshima Prefectural Assembly, Japan



Visit by Mr Sami Iskandar EVP Upstream International Joint Venture



Visit by Police and ABDB



Visit by Tony Attah, Senior Integrated Gas Projects Advisor of Royal Dutch Shell



# BRUNEI LNG ACADEMIC EXCELLENCE AWARDS 2015



On 2nd June 2016, it was a happy moment for both parents and recipients as Brunei LNG once again hosted the Academic Excellence Award for 2015 achievements. A total of 195 students who have excel in their public examination (GCE 'A' Level, PSR and SSSRU) and end of year examination (both morning and afternoon session Year 1-5) were awarded and recognised in this special occasion.

The event took place at Liang Lumut Recreational Club hosted by Brunei LNG and organised by Sekolah Ugama Sungai Taring and Sekolah Chung Lian, with the co-operation from the respective school committee of Mukim Liang area.

Present to mark the event was the Belait District Officer, Haji Haris bin Othman as the Guest of Honour. Also in attendance was Brunei LNG's MD/CEO, Mohammad Awang Damit with some of the Brunei LNG Leadership Team, government officers, head principals, teachers and parents.

The event started with the recital of Surah Al-Fatihah and a "Doa Selamat". A student from PAP Hajah Rashidah Saadataul Bolkiah Secondary School recited some verses from the Al- Qur'an to mark the beginning of the event. The event then followed by an opening remarks by the Chairman of the event, Cikgu Khairul Ariffin bin Haji Abdul Aji, Principal of Sekolah Ugama Sungai Taring, Lumut.

In his speech, Cikgu Khairul Ariffin said that the objective of the event was to give support and motivation to students and teachers for their efforts previously in their final year examination.

Certificates presentation of academic excellence and trophies for year 1 to 5 (both morning and afternoon session) was made by Hj Mohd Husini bin Hj Bakar, Legal and Communication Manager of Brunei LNG. A total of 33 students received their certificates in this category.

Meanwhile for the Public Examination (PSR, SSSRU and GCE 'A' Level), the award presentation was made by the guest of honour, Haji Haris bin Othman. A total of 133 students achieved 5A in Penilaian Sekolah Rendah, 16 students from SSSRU achieved aggregate 5 and 13 from A level students achieved 360 points in 3 As.

In the Best Teachers category, 29 recipients were awarded ranging from primary to public examination level. Mohammad Awang Damit, MD/CEO of Brunei LNG presented the entire award to those 29 recipients in this category and the Best School Award. Three schools were selected based on the evaluation made by the School Department, Private Education Department and Islamic Education Department as best school category; Chung Hua Middle School; best primary school award, St. Margaret's School; best secondary school award and Sekolah Ugama Sungai Taring, Lumut; best religious school award.



# THE SHINING SHORE 2016 EXERCISE

In preparation for major oil spills incidents, BRUNEI needs to be prepared in handling large-scale oil-related emergencies. Thus it is important for all relevant agencies in Brunei to continue showing their preparedness in handling oil-related accidents.

On the 9th and 10th May 2016, companies under the Brunei-Shell Joint Venture (BSJV), including the Brunei LNG Sdn Bhd, Brunei Gas Carriers (BGC) Sdn Bhd, and Brunei Shell Petroleum (BSP) working together with government agencies including the National Oil Spill Contingency Plan Management Committee (NOSCOP MC) in a two-day exercise on Major oil spill, known as “The Shining Shore Exercise”.

The exercise was held at Brunei Shell Recreation Club (BSRC) where the Unified command centralised. Onsite, Emergency response team was at the Incident Command post located at Anduki Mangroves. Witnessing the exercise and interacting with participants was the Minister of Communication, Dato Haji Mustapha Haji Sirat.

The Shining Shore exercise aimed at practicing the cooperation and testing the effectiveness of multi-agencies' responses, involving Corporate and Government organisations. It also involved the incident Management and Emergency Response Teams, under BSJV with Government ER and coordination of Tier-2 incident and requires supports from various Government agencies.

The Scenario indicated that on the 9th of May 2016, a B-class owned by BGC was scheduled for berthing at Brunei LNG for loading. On the final approach to Brunei LNG Jetty, the vessel lost control on its steering and propulsion. Due to strong wind and heavy swell, tugs were unable to approach the vessels resulting in collision with the jetty. As a result of this, there was an oil leak from the vessel with a high possibility of the spill hitting the shore of Anduki. This has required a Tier 2 response team to be activated.

The given scenario required relevant agencies to think of strategy on how to protect the mangrove areas in Anduki, the shorelines and also the communities living in the Lumut areas. As the environment would be threatened in the event of an oil spill, government agencies including the Department of Environment, Parks and Recreation (JASTRe) are required for guidance.

The Shining Shore live exercise concluded with some positive notes. It was learnt that a high degree of collaboration and cooperation between the relevant agencies were seen at the exercise. Although there were some learning points and gaps identified the exercise was considered a success.





# BRUNEI LNG ON ENVIRONMENT AND BADAS PROJECT

Taking care of the environment is everyone's responsibility and Brunei LNG as a company contributes quite a great deal to taking care of the environment. Some of the things that Brunei LNG does in terms of environment are:

- Governance
  - Govern the environmental management system in par with ISO 14001:2004 standard (certified)
  - Provide Environmental Awareness Training to new joiners that looks into environmental aspects and impacts
- Air emissions (focus: Flaring) and Energy management
  - Based on the severity of the flaring – Conduct air quality monitoring in Liang Lumut Community, including townhall where necessary
  - Monitor and report Brunei LNG's air emissions in order to help drive compliance and continuous improvement as per our GHG and Energy Management Plan
- Work with Technologies and Operations to identify opportunities to improve our energy and GHG footprint as part of the Fuel and Loss Management Team Waste
  - Identify and manage disposal routes for different types of Brunei LNG wastes, including special wastes such as mercury
  - Follow-up on expired chemical products to ensure we minimize/avoid stranded wastes in Brunei LNG
- Chemical Management
  - Management of existing and new chemicals in the plant via risk assessment to ensure all HSE and technical aspects are addressed by the relevant authorities
  - Provision of Product stewardship (HSSE in chemical training) training to those handling chemical products very often
- Spill Management
  - Provide technical input to support operations and logistics in response to spill (both oil/chemical) on strategy and environmental data
  - Carry out oil and chemical spill drills every quarter for all 4 shifts
- Water
  - Monitor effluent discharge reporting from weekly and monthly sampling. Any abnormalities – liaise with TTS/OPS
- Soil and Groundwater
  - Monitor groundwater reporting annually
  - Provide advice and active support for clean up, sampling, monitoring and remediation activities for any potential spillage into soil and groundwater.



Other than the above, Brunei LNG is also involved in a number of activities for supporting the environment. Such as, cleaning campaign activities, revegetation in Badas, Earth Hour and Energy Week.

The current on-going project would be the Regevetation in Badas. This 18-month project is collaboration between Brunei LNG, BSP and WI Malaysia to prevent forest fires at the Lumut pipeline road. The main objectives of the project is mainly to produce a Biodiversity Action Plan (BAP) for the onshore foorprint of BSP in Brunei, to develop a communication plan aimed at preventing fire incidents in peat areas and to develop and implement a plan for ecological restoration of disturbed key areas. The key stakeholders of this project are Universiti Brunei Darussalam (UBD), Wetlands International, Alignment with BSP and Link to Heart of Borneo.

Brunei LNG has been looking into improving their pilot project on preventing forest fires at the Lumut pipeline. In order to do this, canal blocks have been upgraded and successful in preventing the peat swamp forests from being drained of water. Canal blocks composing of compacted peat soil have been installed in 2014 at 200 metre intervals along a 14 kilometre stretch road where Brunei LNG's water pipelines run through. However, some of the blocks have eroded and has limited the ability to retain water.

Additional improvements such as adding more peat (soil) and compating the eroded blocks have been done. Other than that, some of the blocks will be raised in to prevent any overflow of water during rainy season. Initially the blocks are at a height of less than 30 centimetres, but there are researches being conducted to find an optimal height for the blocks.

The canal has been constructed decades ago to prevent flooding of the area, but recently discovered that unintentionally it has drained the groundwater levels instead. Due to the drainage a substantial amount of peat above and below the ground has dried up and made it highly prone to catching fire.



# CLEANING CAMPAIGN 'TANAH PERKUBURAN'

On 12th May, 2016, Brunei LNG once again, participated in a mass cleaning campaign. With the support from Badan Pekerja-Pekerja Islam (BPPI) of Brunei LNG, this activity aims to uphold the Brunei LNG Corporate Social Responsibility.

The main objective of this annual activity was to contribute to the local communities, especially with the arrival of holy month of Ramadhan 1437H. Moreover, this activity also enables to strengthen the ties between the local resident, fire and rescue department and Brunei LNG.

More than 50 personnel comprised from Brunei LNG, local resident – village consultative councils (MPKs), and aided by Sungai Liang Fire and Rescue Department gathered at Bukit Sawat, Merangking in a mass cleaning campaign to clean and restore the cemetery.

The ceremony began with cleaning campaign at both site, cemetery and mosque of Kampung Bukit Sawat, continued with the recital of Tahlil led by the Imam of Kampung Bukit Sawat. The event ended with a positive note where representatives from Kampung Bukit Sawat acknowledged and appreciated the kind assistance offered by both Brunei LNG and Sungai Liang fire and rescue department for such contribution in cleaning the cemetery.





# BRUNEI LNG, BRUNEI GAS CARRIERS (BGC) AND BRUNEI METHANOL COMPANY (BMC) HOLDS TAHLIL CEREMONY AT ROYAL MAUSOLEUM



During the fasting month, it is often that ministries and private sector companies would hold a 'Majlis Bertahlil' at the Royal Mausoleum in order to pay respects to the late parents of His Majesty the Sultan and Yang Di-Pertuan of Brunei Darussalam, Al-Marhum Sultan Haji Omar Ali Saifuddien Sa'adul Khairi Waddien and Al-Marhumah Duli Raja Isteri Pengiran Anak Damit, as well as other Royal Family members.

On the 21st of June 2016, staff from Brunei LNG Sendirian Berhad (Brunei LNG), Brunei Gas Carriers Sendirian Berhad (BGC) and Brunei Methanol Company Sendirian Berhad (BMC) held a 'Majlis Bertahlil' at the Royal Mausoleum.



Present at the event was Awg Hj Mohammad bin Haji Jaya, Senior General Manager, Plant Brunei LNG representing the Managing Director of Brunei LNG, Awang Haji Shahbudin bin Haji Musa, Managing Director of BGC, and Daud bin Haji Jais, Deputy Chief Executive Officer of BMC; along with senior officers and staff of Brunei LNG, BGC and BMC.

The recital of Surah Yassin, tahlil and Doa Arwah was led by Awg Asril bin Ahmad, Religious Counselor from BGC. This is part of an annual event and as a Corporate Social Responsibility activity from the respective companies.







16 participants - 11 men and 7 women



# KHATAM AL-QURAN



Jaming, Jurra-Susianty BLNG-MMU/12

Adam Amsyar (formerly named Brendan Chai) from Mashor General Contractor







Jupry Haji Kamat  
OPS/7



Hj Awang Omar  
Mohd Jair  
HCD/21

Our Heartfelt Congratulations to Jupry Haji Kamat and Hj Awang Omar Mohd Jair on being conferred the Excellent Service Medal (PIKB) by His Majesty the Sultan and Yang Di-Pertuan of Brunei Darussalam on the occasion of His Majesty's the Sultan and Yang Di-Pertuan of Brunei Darussalam's birthday on 15th of July from the Management and Staff of Brunei LNG Sdn Bhd.



# FEATURED ARTICLE

# STAY SHARP

Once upon a time a very strong woodcutter asked for a job in a timber merchant, and he got it. The pay was really good and so were the work conditions. For that reason, the woodcutter was determined to do his best.

His boss gave him an axe and showed him the area where he was supposed to work. The first day, the woodcutter brought 18 trees.

*"Congratulations,"* the boss said. *"Go on that way!"* Very motivated for the boss' words, the woodcutter try harder the next day, but he only could bring 15 trees. The third day he try even harder, but he only could bring 10 trees. Day after day he was bringing less and less trees.

*"I must be losing my strength,"* the woodcutter thought. He went to the boss and apologized, saying that he could not understand what was going on.

*"When was the last time you sharpened your axe?"* the boss asked. *"Sharpen? I had no time to sharpen my axe. I have been very busy trying to cut trees."*

Our lives are like that. We sometimes get so busy that we don't take time to sharpen the axe. In today's world, it seems that everyone is busier than ever, but less happy than ever. Why is that? Could it be that we have forgotten how to stay sharp?

There's nothing wrong with activity and hard work. But God doesn't want us to get so busy that we neglect the truly important things in life, like taking time to pray, to read. We all need time to relax, to think and meditate, to learn and grow.

If we don't take time to sharpen the axe, we will become dull and lose our effectiveness. So start today. Think about the ways by which you could do your job more effectively and add a lot of value to it.



# 6 WAYS TO STRESS LESS AT WORK

by Margarita Tartakovsky, M.S.



Today's employees are expected to do more with less, which has become a major source of stress at work, said Vicki Hess, RN and author of *SHIFT to Professional Paradise: 5 Steps to Less Stress, More Energy & Remarkable Results at Work*.

Other sources of stress on the job include worries about performing well as demands rise and time diminishes, pressure to continuously be plugged in and squabbles with co-workers or disagreements with the boss, according to Hess and Terry Beehr, Ph.D, director of the Industrial/Organizational Program at Central Michigan University.

In fact, some jobs can affect your mental health so much so that unemployed people seem to fare better. According to recent research, people in a bad job — defined as job insecurity, sky-high demands or heavy workload, little control over workload and unfair pay — had either the same or worse mental health than unemployed individuals.

But while you might feel helpless and stressed at times, there are ways you can empower yourself and change your job situation for the better. Here are six ways to stress less about work.

## 1. Take care of yourself

The problem with job stress is that it can make people sick, both psychologically and physically, according to Beehr, who studies job stress and satisfaction. So an effective way to stress less is to work on reducing this tension.

For one, you can seek professional help for your symptoms from doctors or psychologists, he said. Also, you can engage in activities that are relaxing to you, such as yoga, or anything that you really enjoy, such as meeting with friends, reading, watching TV or gardening, Beehr said. Of course, physical activities are a boon to your health — and can be protective. Being “*in good physical strength*” also “*makes you somewhat more immune to effects of stress.*”





## 2. Shift your mindset

In her book, Hess talks about creating a Professional Paradise, which she views as a state of mind — not the perfect employer or paycheck. So it isn't what actually happens at work but how we perceive events that matters.

She refers to any event that elicits a negative reaction, such as sadness or frustration, as a POW, and anything positive as a WOW. She divides POWs into external — such as criticism from the boss — and internal — such as beating yourself up (and does the same with WOWs). The goal is to “*try to minimize the internal POWs, manage the external POWs and increase the internal WOWs*,” Hess said.

Hess has developed a 5-step approach for just that, which she calls SHIFT. Here's the breakdown:

Stop and take a deep breath, an action that Hess said we just don't do enough of. This not only helps calm you down, but prevents you from saying something you might regret.

“*Harness your harmful knee-jerk reactions*,” which is essentially your fight or flight response. When something negative happens, some people mentally withdraw from the situation, while others go on the defensive and lash out. Another negative knee-jerk reaction is worry, Hess said. For instance, say your favorite supervisor typically dresses casually but today he's wearing a suit. Your knee-jerk reaction is to assume that he's interviewing for another job. Because knee-jerk reactions seem automatic, it's often hard to pinpoint them. To recognize them, Hess suggested asking others. “*If I don't realize my knee-jerk is to be more controlling when I'm stressed, that'll be hard for me to get a handle on that*,” Hess said. So she asks her family to keep her in check. Asking co-workers is another option. When Hess worked at a hospital, she regularly talked to her director, which kept her up-to-date on company information. During staff meetings, she'd unwittingly tap her pencil out of boredom. Fortunately, one of Hess's good friends told her, and she promptly stopped. Another easy way to spot patterns is to just observe your reactions when you're stressed.

“*Identify and manage your negative emotions*,” Hess said. Take a minute, and consider how you're feeling. It also helps to “*identify where these emotions are evidenced in your body*” and figure out what helps you “*in the heat of the moment*,” whether that's listening to your iPod or taking a walk.

Find new options. To do that, Hess suggested “*the Rule of Three*.” Ask yourself these three questions: (1) **What has worked in the past?** (2) **What would someone I admire do?** (3) **What would someone objective do?**

Take one positive action. This could be as simple as finding the humor in a situation, Hess said. Consider, how can I look at this situation differently? If you're overwhelmed with a project, a positive step is to make a list, breaking it down into manageable parts.



<http://www.liblog.net/single-post/2015/8/24/Shift-Your-Mindset-Retraining-your-Brain-to-Flourish>

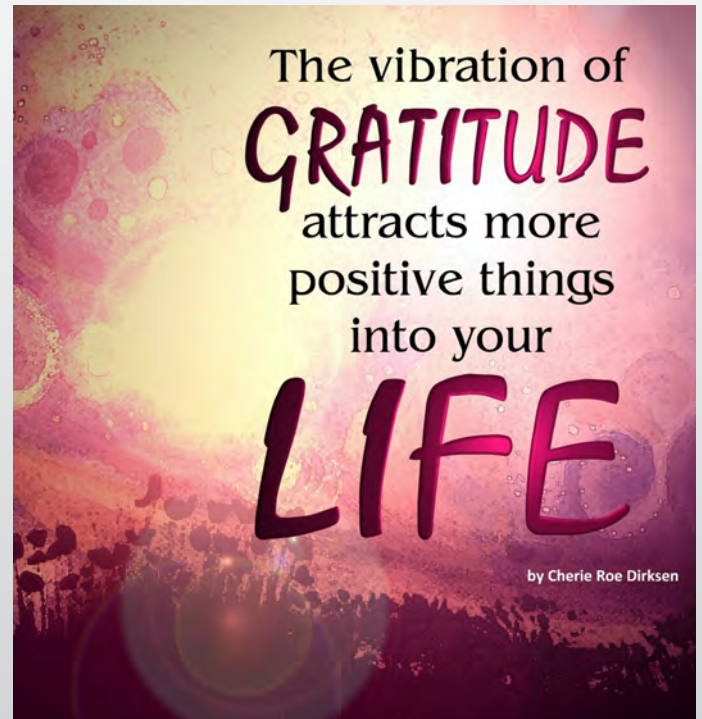
## 3. Resolve your concerns

Pinpoint your sources of stress, and consider how you can resolve these concerns, Beehr suggested. For instance, if you're stressed about a project, consider who could help to clarify the scope and required tasks. If it's a conflict with a co-worker, think about what you can do to resolve it. Basically, the key is to take a problem-solving approach and try to fix what's within your power.

## 4. Practice gratitude

Hess suggested thinking about one thing you're grateful for every day at work — even if it's as simple as being thankful that your boss buys bottled water for the office. Every time something good happens at work, write it down. At the end of the day, you might be surprised how often good stuff actually happens. As Hess said, “*we tend to remember the one POW instead of the 10 WOWs*.” You can even have your co-workers share what they're thankful for. Hess has seen managers do this at staff meetings.

On a related note, spread the love. Hess encouraged readers to do something nice for their co-workers, such as leaving them a treat.



## 5. Hang with a great crowd

The people at your job can have a big impact on your level of satisfaction. Many workplaces have what Hess termed the “*chain gang*,” co-workers who are constantly stressed out and do a lot of complaining. Instead, choose to hang out with people who are supportive, relaxed and just fun to be around.

A great group of co-workers also can help with a heavy workload or just provide moral support. Interestingly, though, social support isn't always helpful, according to Beehr's research. “*Sometimes people will help us when we don't want it*,” or their help implies that we're inferior, he said.

Social support needs to be given freely — so there's no obligation for the person to return the help — and from a peer perspective, not because you're superior.

## 6. Reconnect with what you loved about your job

Hess suggested asking yourself: “*What is good about my job? How am I helping somebody?*” Make the “*connection to a strength of yours or a way in which you're making a difference*,” she said.

“*Most people are more satisfied if they have a job that they see as meaningful and gives them the chance to use a lot of their skills that they value*,” Beehr said. This is especially true if an individual uses their skills for an entire project, such as writing a report versus contributing just one paragraph, he added.

You also might find this list of tips helpful for decreasing stress in general. And, again, if you're really struggling with the day to day, don't hesitate to see a therapist.

**Article Source:** <http://psychcentral.com/lib/6-ways-to-stress-less-at-work/>





WE ASPIRE TO BE THE

# LEADING & COMPETITIVE LNG PROVIDER



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