

● RELAXING JOBS

Massage out work stresses

Do you head into work each day feeling sick about the stresses ahead and dreaming of finding a well-paid job that doesn't leave you totally on edge?

Well, fortunately all the job hunting has been done for you – with online financial education site Investopedia producing a list of the five best high-paying, low-stress jobs.

And it could be time to start laying on those hands, with working as a physical therapist ranked as the No.1 occupation and massage therapist the next best job to beat that stress.

Investopedia says that, unlike other medical professions, there's no need to work nights and the hours are flexible.

Ageing baby boomers also mean there isn't going to be a shortage of work as a physical therapist – and you can earn up to \$125,000 a year.

Working as a massage therapist can also do wonders for your stress levels. Not only are you your own boss, but you can

make up to about \$45 an hour.

But if pressing the flesh isn't for you, the site ranks working as a computer software engineer as your next best option.

You could test out cool new computer games and there's the advantage of often working from home. Again, money shouldn't be a concern, with computer software engineers able to earn more than \$150,000 a year.

Designing and building roads is listed by the site as the fourth best way to beat the stress, with civil engineers ranked No.4.

You have an end product to be proud of and recent labour statistics predict there'll be a 24 per cent increase in such work in the next 10 years. Plus salaries up to around \$135,000 aren't to be sniffed at.

Rounding off the list at No.5 is working as a technical writer.

Stress levels are low thanks to flexible hours, a quiet workplace and the potential to work from home. And you can rake in up to \$120,000 a year.