

Managing Stress





What Is Stress?

? Common Causes ?





Statistics

- **Job stress is the 20th century disease**
- **80% of primary care visits are for stress related problems**
- **78% describe their jobs stressful**
- **Stress cost 200-300 billion annually**
- **60-80% of accidents on job are stressed related**

Source: American Institute of Stress, National Safety Council



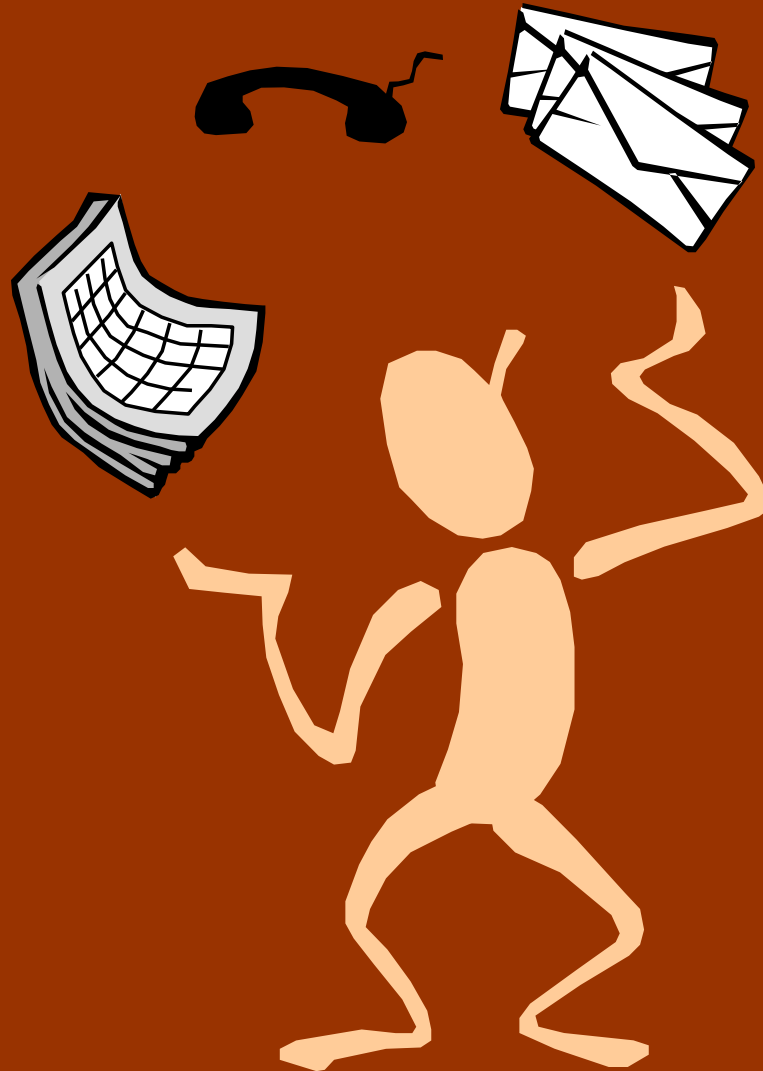
Meditation/Mindfulness

- Knowledge and Understanding
- Agenda Driven/Make time for meditation/mindfulness
- Determine what motivates you (song, affirmation, breathing techniques)

LET'S BREATHE.....



What Are You Juggling?





You Need Balance!





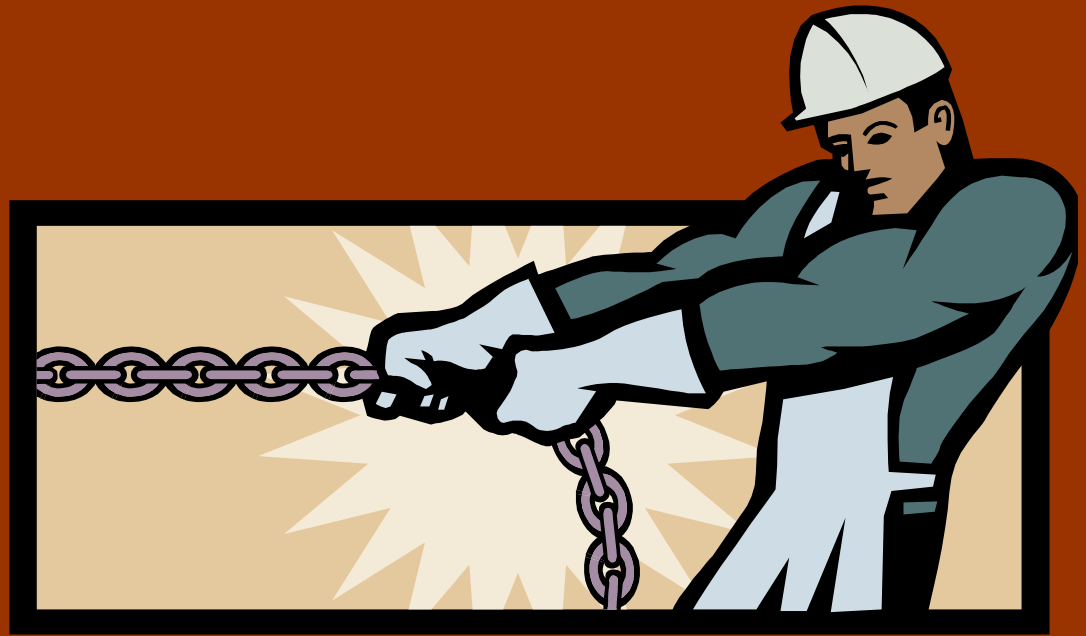
~ Priorities ~

Why Do We Need Them?

➤ For Work...

➤ For Home...

➤ For Leisure Activities





Balance!





Do I Know What I Expect?





Biggies At Home...



A day at school or work!

**As a group, using the markers
draw what your day would look
like.**

**Have a team member narrate
your picture.**



How Can I...?



Delegate

Teach Someone Else

Organize Better

Meet Flexible Deadlines

Adjust My Attitude

Eliminate

Communicate

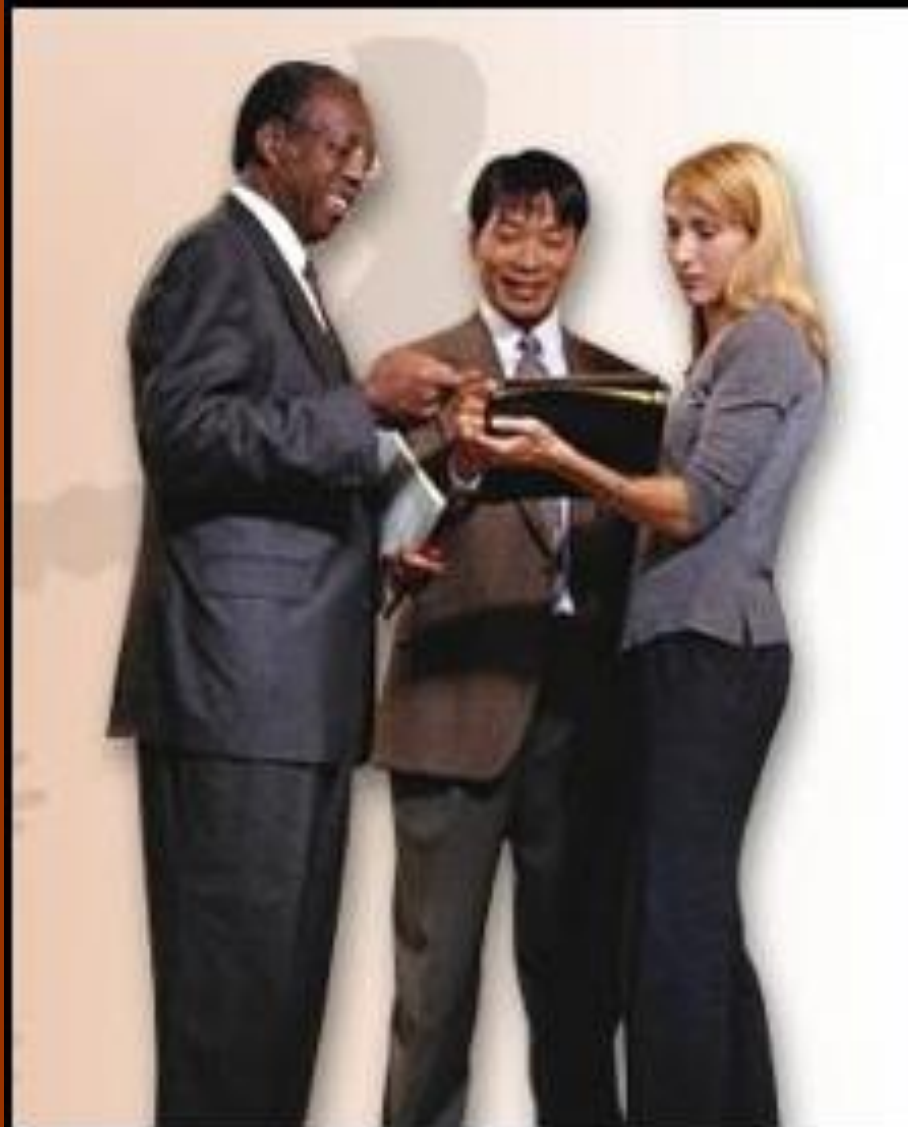


Measurement

- ☑ How do I measure my day?
- ☑ How do I measure my performance?



What Does Your Boss Expect of You?





How Do We Stamp Out Non-Productive Behavior?





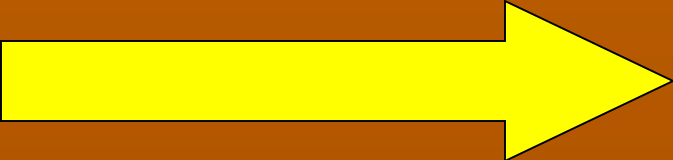
Am I an Internalizer?

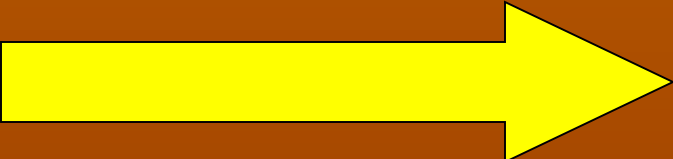


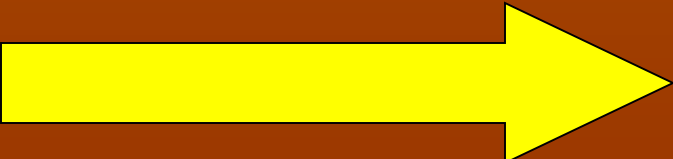


**I Can Attain
Balance Through
Personal Power**

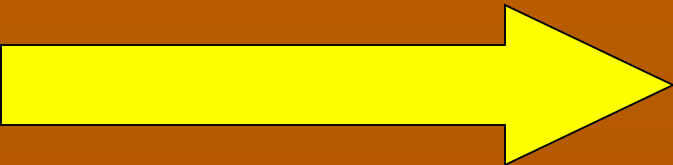
Paths to Personal POWER!

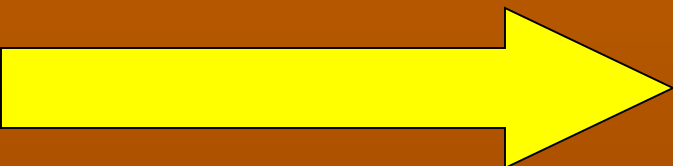
Path #1  **Self-Management**

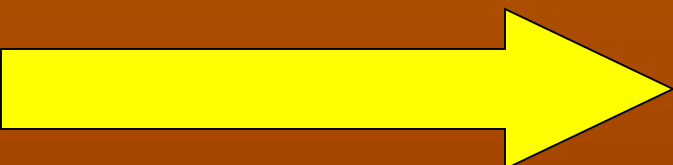
Path #2  **Stress
Management**

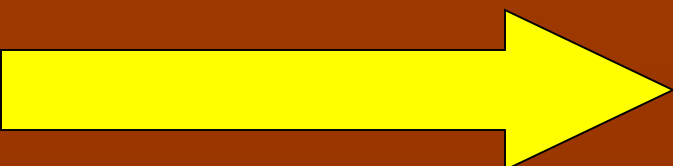
Path #3  **Build a Support
System**

Paths to Personal POWER!

Path #4  Modify the Job

Path #5  Change Jobs

Path #6  Mood
Management with
Thought Control

Path #7  Detached
Concern



Create a Plan!!!!

**And
stick to
it!**

