



Thriving Under Pressure and Stress

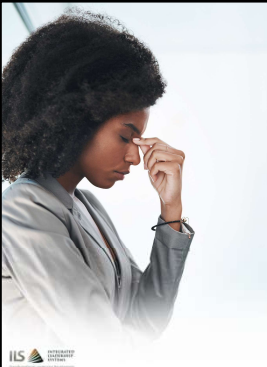
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Integrated Leadership Systems

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My Story


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Anxiety Inspection:

What are some things that make you anxious or stressed?


Let's list some ideas and see if we can minimize these stressors during our time today.



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Stress vs. Anxiety

- What is stress?
- What is anxiety?
- Can you control stress?
- Can you control anxiety?



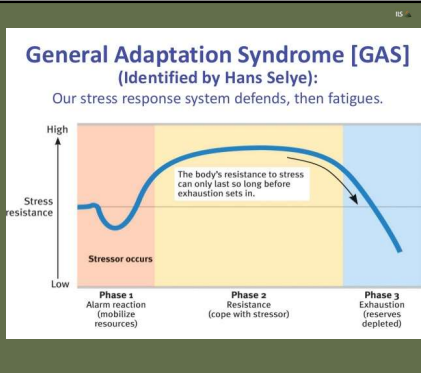
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General Adaptation Response

Hans Selye, M.D. 1974

General Adaptation Syndrome [GAS] (Identified by Hans Selye):

Our stress response system defends, then fatigues.



Stress resistance

High

Low

Stressor occurs

Phase 1 Alarm reaction (mobilize resources)

Phase 2 Resistance (cope with stressor)

Phase 3 Exhaustion (reserves depleted)

The body's resistance to stress can only last so long before exhaustion sets in.

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Types of Stress

Acute Stress	Chronic Stress
Eustress	Distress

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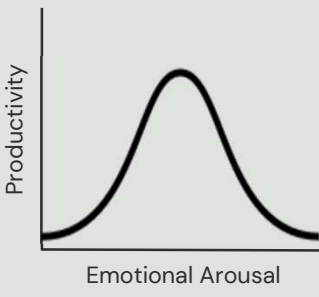

Your Stress Experience

- How do you know when you are stressed?
- When stressed what do you experience:
 - physically:
 - emotionally:
 - cognitively/mentally:

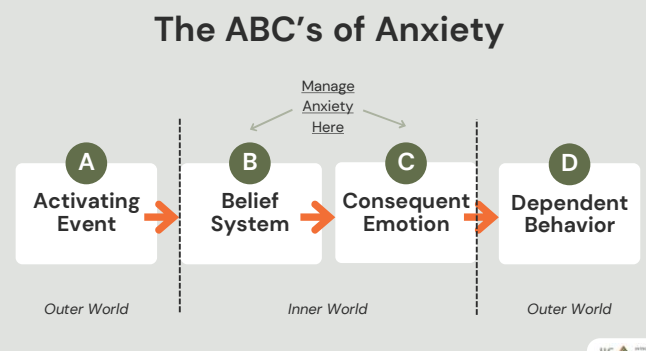
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The Relationship Between Emotions & Productivity

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The ABC's of Anxiety



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The Direction of Action

There are two actions you take in stressful situations:

- **Admit** that you are going to have to face something difficult and do something about it every day.
- **Deny** that you are facing something stressful and then panic when you must face the situation.

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Stress Management

<ul style="list-style-type: none"> • Eat healthy • Exercise regularly • Seek emotional support • Set boundaries • Take a vacation • Go for a walk • Increase self-awareness • Schedule time for relaxation • Change your body language 	<ul style="list-style-type: none"> • Journal • Feel and release the emotion • Meditate or pray • Breathe deeply • Engage in fun activities • Get good sleep • Change your thoughts (ABCD) • Use affirmations • Seek professional help
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Mindfulness and Capacity:

- on purpose
- in the present moment
- nonjudgmentally


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**Mindfulness:
Guided Breathing
Exercise**

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What are your next steps?

1. Take note of how often different forms of stress appear (Eustress/Distress & Acute/Chronic).
2. Develop capacity and mindfulness through **admitting** to stress and forming/practicing daily habits.
3. Challenge your beliefs through the ABCD to identify and face down dysfunctional habits that are *causing* anxiety/stress.

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**Questions?
Get In Touch**

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Aaron Weber
Leadership | Coaching | Empowering others
through business-centered, people-focused...