Moving Beyond Stress & Pressure

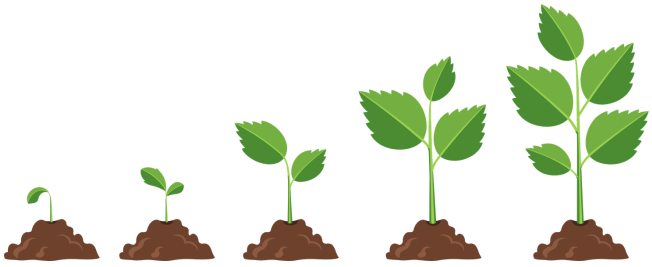
Overcome the Distraction of Worry, Stress & Burnout

Handout for webinar are pages one and two.

For the Thrive Mental Health Series, please fill out the survey.
Your feedback helps us support you better!

https://forms.gle/GfopK8oC6hQXvXtD6

Thanks so much!



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Moving Beyond Stress & Pressure

Overcome the Distraction of Worry, Stress & Burnout

Stress - The response of the body (physical, mental and emotional) to any demand for change.



- Perception
- Emotion
- Reaction
- Distraction
- Secondary Stress

1. Create motivation for change by understanding what stress truly costs us (stop saying that it's not so bad).

1. Identify your three greatest costs of stress.

2. Identify your three greatest causes of stress.

3. Identify three emotions that you value and want to create more of.

2. Learn to flow with organizational and personal change.



Blaming others
Venting, gossiping & complaining
Dwelling on the past
Controlling people, places & things



Stay connected with supportive people
Practice acceptance when something cannot change
Ask "What matters most right now?"
Look for small actions to take

1. What two reactions to stress would you like to reduce?

2. Identify two positive psychology and resilience practices you would like to incorporate into your daily life.

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3. Implement techniques to avoid being depleted by toxic situations and overwhelming people.



Taking responsibility for everyone else's emotions
Overcommitting to avoid disappointing others
Not setting boundaries



Practice positive self-talk
Prioritize what you value
Choose reactions
Send love and light to those who need it
"Wow, what are you going to do about that?"

Boundaries! Boundaries! Boundaries!

A boundary is about protecting your time, energy, and attention.

Clarify priorities
"What should take priority right now?"
Manage workload
"I can get X done first and start Y tomorrow."
Create time to think
"Let me take a look and get back to you."
Avoid over-explaining
"I'm not able to add that right now."
Redirect responsibility
"What would you like to see happen next?"

Emotional Boundaries with Self
• Not replaying or rehearsing difficult conversations
• Not carrying someone else's frustration all day
• Reminding yourself that you are not responsible for another person's reaction
• Focusing attention on what matters most right now

Stop arguing with people online. 😱

Thrive Mental Health Series

Better Than Resolutions - Intentional habits and changes
Building a Resilient Personality - Awareness of reactions and patterns
Moving Beyond Stress and Pressure - Protecting energy in real-world conditions

A Simple Practice for Situations that Regularly Drain Your Energy

Ask yourself:

1. What part of this situation can I actually influence? 2. Is there anything here I can let go of?
3. What kind of boundary could help me protect my energy?

1. Create a daily reminder to replace one negative self-care habit with a positive one.

_____

_____

2. Try the 3-step Simple Practice for one of your common stressful situations.

_____

_____

3. Read more about boundary setting if you struggle with it.
Dr. Nedra Tawwab has the best books and social media (IMO).

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