



Part of The **Thrive Mindset** Series

Thriving Under Stress

PARTICIPANT GUIDE



CLEAR CONCEPT

PRODUCTIVITY • COLLABORATION • MINDSET

Your Stress Experience

Resiliency: Ability to adapt, recover and thrive in a complex world.

What is your biggest source of stress?

Personal:

Professional:

How do you experience stress?

Stress can sneak up on us. When we better understand our personal experience, we can more effectively mitigate stress.

Feelings:

- Overwhelmed
- Anxious
- Angry
- Sad
- Depressed
- Frustrated
- Impatient
- Unmotivated
- Apathetic
- Hopeless

Physical:

- Exhaustion
- Headache
- Aches and pains
- Digestive issues
- Acne
- Insomnia
- Frequent colds/flu
- Nauseous
- Chest pain
- Rapid heart rate
- Sweating
- Lack of vitality
- Appetite changes

Thoughts:

- Victim
- Restless
- Blaming
- Judging
- Controlling
- Avoiding
- Pleaser
- Hyper-vigilant
- Overly rational

Mitigate Stress

Stress: The experience or *anticipation* of adversity.

**Consider your biggest source of stress.
Do you act in a way that makes the situation worse?**

- | | |
|--|--|
| <input type="checkbox"/> Tough it out | <input type="checkbox"/> Numb yourself |
| <input type="checkbox"/> Refuse help | <input type="checkbox"/> Act like a victim |
| <input type="checkbox"/> Overthink the situation | <input type="checkbox"/> Blame others |
| <input type="checkbox"/> Excessively worry about possibilities | <input type="checkbox"/> Cover up mistakes |
| <input type="checkbox"/> Catastrophize | <input type="checkbox"/> Avoid situations |
| <input type="checkbox"/> Don't consider other options | <input type="checkbox"/> Other |

Reflection:

Pause and shift from reacting to responding

React

- Unconscious
- Short-term
- Rarely values-based
- Often damaging



Respond

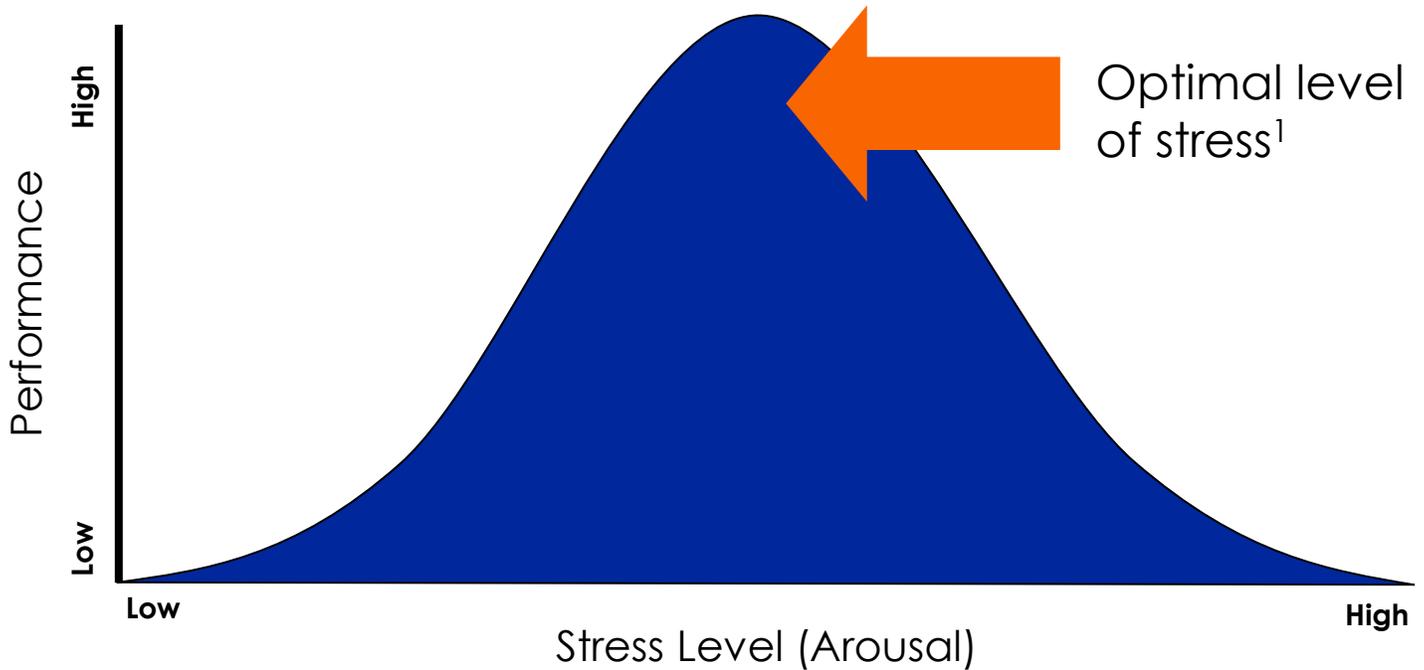
- Conscious
- Long-term
- Values-based
- Enriching

Are there any gifts in this stressful situation?

Reframe Stressful Situations

Where are you on the stress curve?

Yerkes-Dodson Law



Optimal stress enhances:

- ✓ Focus
- ✓ Initiative
- ✓ Health
- ✓ Cognition
- ✓ Clarity
- ✓ Appreciation
- ✓ Confidence

1. Be sure to invest in recovery after a stressful situation. See page 6.

Reframe Stressful Situations

What is the best way for you to recover between stressful situations?

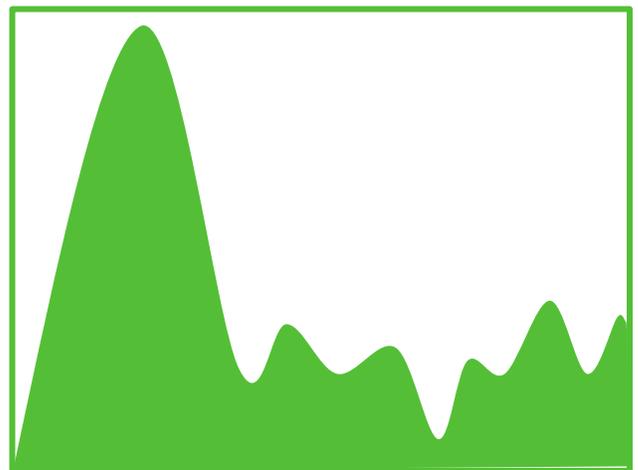
- | | |
|--|---|
| <input type="checkbox"/> Commit to 7-9 hours sleep | <input type="checkbox"/> Laugh |
| <input type="checkbox"/> Exercise | <input type="checkbox"/> Breathe |
| <input type="checkbox"/> Spend time in nature | <input type="checkbox"/> Meditate |
| <input type="checkbox"/> Connect with a friend | <input type="checkbox"/> Drink water |
| <input type="checkbox"/> Drink water | <input type="checkbox"/> Take a break |
| <input type="checkbox"/> Eat nutritious food | <input type="checkbox"/> Other |
| <input type="checkbox"/> Be present | <input type="checkbox"/> All of the above |

REFLECTION NOTES

Toxic Stress



Positive Stress



Reframe Stressful Situations

Our thoughts impact our feelings, words, actions and results.

Where can you reframe your thoughts?

Negative	Empowering
I'm too busy.	I have all the time I need for my core priorities. I can prioritize, renegotiate and seek help. I don't need to do it all right now or by myself.
This job is stressful.	This job gives me meaning and challenge.
I don't have time to exercise / sleep / eat healthy / see friends.	Successful people invest in themselves. I will protect time for myself. There are 1440 minutes in a day. I can take 30 minutes to exercise.
I have to push myself to succeed.	I am more successful when I am in flow.
I <i>have</i> to.	I <i>get</i> to.
My life is crazy.	My life is full.
I can't.	I can't <i>yet</i> .
I wish I could do that.	I can do anything I set my mind to.
I am jealous.	I am inspired. If they can do it, I can too.
No one can do it as well as me.	Other people may take a different approach, and together we will achieve our goal. I can also invest in training others.
This will never work.	There is a lot of opportunity to turn this around.
I am pulled into too many things.	I am a sought-after expert and can manage these requests.
It must be perfect.	I consistently deliver high-quality and welcome feedback.
This situation is bad.	This isn't what I expected, but I see opportunities.
Other:	

Take Helpful Action

Assume responsibility

Adopt an internal locus of control. Assume responsibility for all of your experiences, including the factors impacting your success or failure.

How can you assume responsibility for this stressful situation?

- | | |
|---|---|
| <ul style="list-style-type: none"><input type="checkbox"/> Find opportunities for small wins<input type="checkbox"/> Make a plan<input type="checkbox"/> Take the first step<input type="checkbox"/> Turn it into a fun challenge<input type="checkbox"/> Engage your helpers | <ul style="list-style-type: none"><input type="checkbox"/> Protect time for what you value most<input type="checkbox"/> Manage distractions and interruptions<input type="checkbox"/> Strive for “good enough”<input type="checkbox"/> Find opportunities to simplify<input type="checkbox"/> Other |
|---|---|

“When you think everything is someone else’s fault, you will suffer a lot.”

-Dalai Lama

Take Helpful Action

Engage your body

Our bodies influence our minds. Find opportunities to shift your mindset through your body:

- Stand tall and confidently
- Be present
- Laugh



The 1% challenge

Commit to meditating for 15 minutes a day.
(This equals approximately 1% of your day.)



Make a shift

- Exercise
- Spend time in nature
- Sleep
- Disconnect
- Meditate
- Connect

Thrive Mindset Series



Resiliency

Bring your best to stressful situations.



Performance

Show up as your best when it matters most.



Purpose

Use meaning to fuel excellence.

How Can We Help?



PRODUCTIVITY • COLLABORATION • MINDSET

Practical training for your best work.

Virtual Workshops • Coaching • Online Training

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