

MANAGING STRESS:

How to Maintain a Balanced Platter

Presented by:

PAUL THOMAS

The Thomas Group Ltd.

July 31, 2002

JANUARY 25, 2002 – JULY 31, 2002

Exactly 6 months and 6 days ago,
I had my stroke.

STRESS STATISTICS

Workplace Stress

- Job burnout experienced by 25% to 40% of U.S. workers is stress related
- Employee stress is recognized as a major drain on corporate productivity and competitiveness
- Depression is the leading occupational disease of the 21st Century, responsible for more days lost than any other single factor
- \$300 billion, \$7,500 per employee, is spent annually in the U.S. on stress related compensation claims, reduced productivity, absenteeism, health insurance cost, direct medical expenses, and employee turnover

The Leading Stress Related Causes of Death In the U.S.

- Heart disease
- Cancer
- Lung ailments
- Accidents
- Liver function
- Suicide
- Stroke

Who's at Risk

- Younger adults
- Older adults
- Working mothers
- Overachievers
- Divorced and widowed individuals
- The unemployed
- Isolated individuals
- People who live in cities
- People who work in understaffed jobs
- Super achievers

RECOGNIZING STRESS

Stress Is the...

- Boss
- Airports
- Finances
- Car breaking down
- Weather
- Illness

Stress occurs when we tell ourselves something negative about ourselves and our ability to cope with a particular stressor.

Stressors Types

- *Brief* – When we slam on the brakes to avoid something in the road
- *Periodic* – When we gear up for intermittent deadlines at work
- *Acute* – Being witness to a traumatic event (only happens once)

Stressors are situation, conditions, people, or things that have the potential to trigger the stress response in us.

Symptoms and Illnesses of Stress

- Behavioral
 - ✓ Avoidance
 - ✓ Fidgeting
 - ✓ Sleep problems
- Cognitive
 - ✓ Easily distracted
 - ✓ Confusion
 - ✓ Fearful thoughts
- Emotional
 - ✓ Anger
 - ✓ Worry
 - ✓ Tension
- Cardiovascular
 - ✓ Chest pains
 - ✓ Cold hand/feet
 - ✓ Sweaty palms/increase perspiration
- Muscular
 - ✓ Tension headaches
 - ✓ Pacing
 - ✓ Shaky/strained voice
- Skin
 - ✓ Pale face
 - ✓ Hives

Stress Response Profile

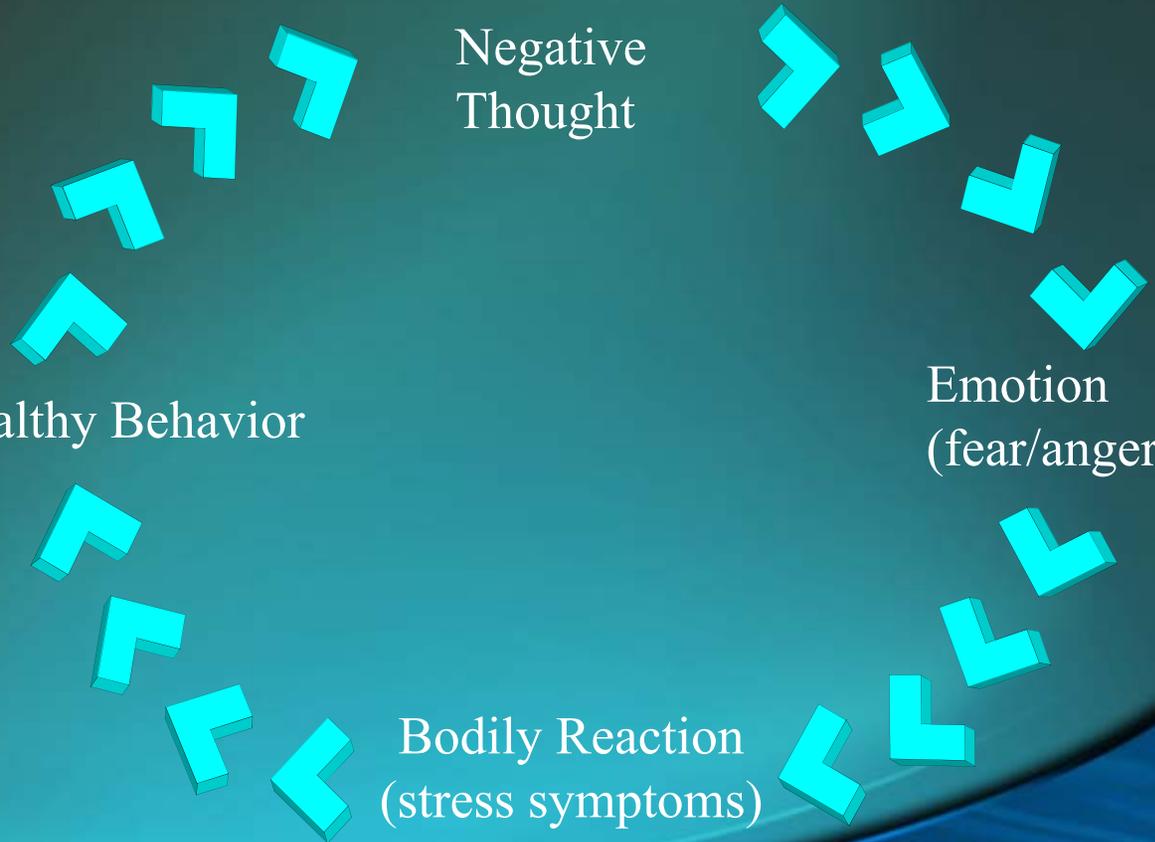
POTENTIAL
STRESSOR =

Unhealthy Behavior

Negative
Thought

Emotion
(fear/anger)

Bodily Reaction
(stress symptoms)



TAKING CONTROL

The Reprogramming

- Recognize negative thoughts
- Make note of the situation
- Identify the negative
- Identify the ways in which that thought might be distorted
- Reframe your perception to be more objective and positive

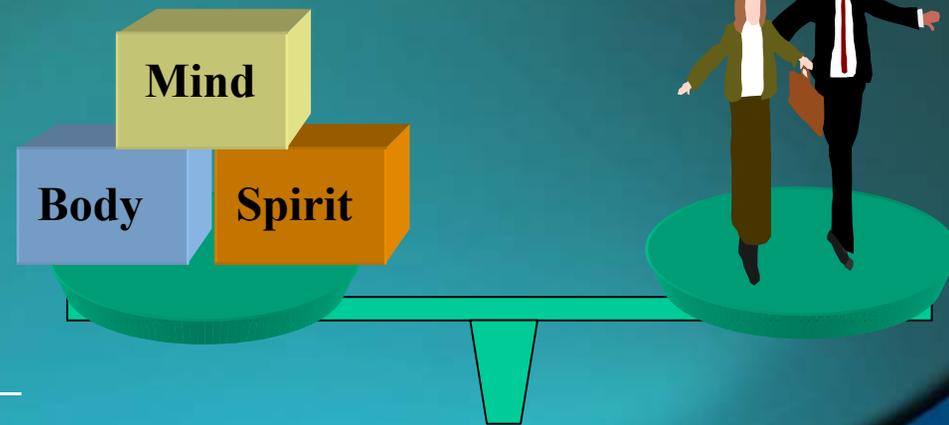
Top Ten Components To Achieving Balance

- 1) Recognizing balancing roles (mother/father, business person etc.)
- 2) Think about how to find and get balance
- 3) Apply yourself
- 4) Remember yourself, your needs, your wants
- 5) Flexibility
- 6) Have faith in getting things done
- 7) Know the signs of imbalance
- 8) Revisit your core values
- 9) Delegate
- 10) Find joy in the process

Balancing a Full Platter

Balance is experienced differently by everyone and can be identified by some or all of the following feelings:

- Make time for family and work
- Make sure life flows
- Cope with life's curves
- You are on the right path – personally and professionally



Managing Stress

- Begin with understanding your perceptions of yourself
- Evaluate your methods to cope with life
- The best indication of your likeliness for stress is your views on yourself

What we tell ourselves about ourselves is the key to understanding and managing stress.

Relax Your Emotions

- Communicate
- Cry
- Journal
- Laugh
- Do something you love

Think Differently

- Awareness is the key to managing stress
- Everyone has their own unique:
 - ✓ Responses to stress
 - ✓ Potential stressors
 - ✓ Thoughts and subsequent feelings associated with those stressors
 - ✓ Symptoms that follow

Here and Now: The Top Stress Reducer

Stop feeling guilty about the past,

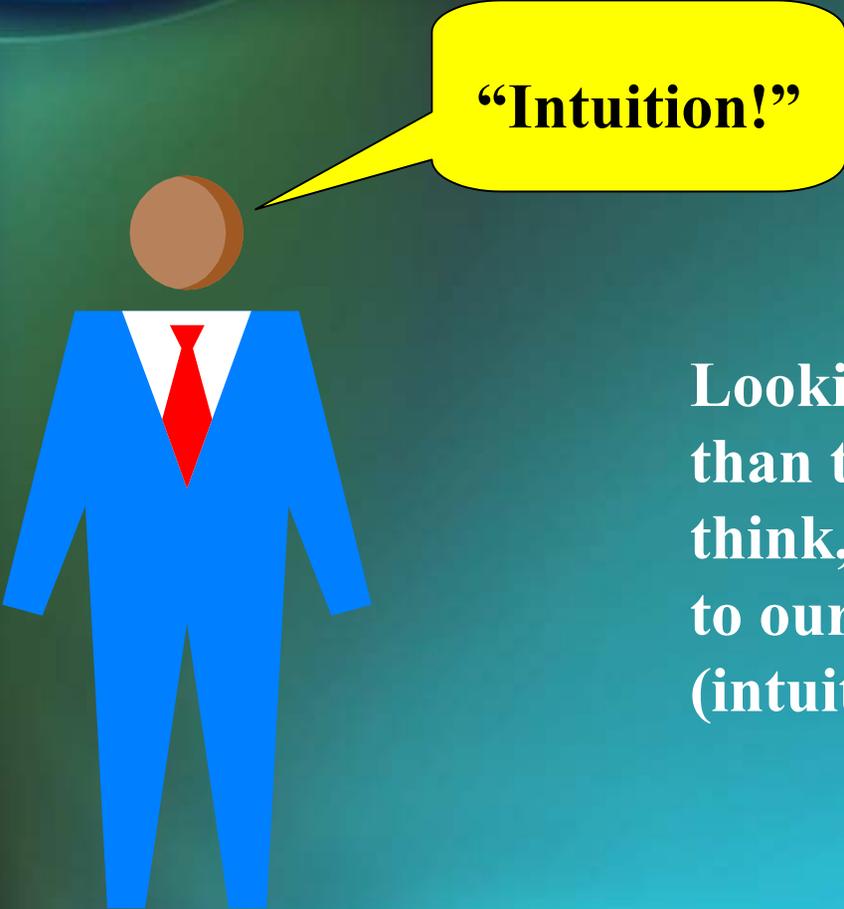
Stop worrying about the future,

And live in the *Present!*

Other Stress Reducers

- Daily program routine
- Focused breathing
- Peaceful wake-up call
- Meditation/relaxation
- Mind/body check
- Medication
 - ✓ Only controls the symptoms; does not address the cause of the symptoms

Listen to Your Inner Voice



“Intuition!”

Looking to ourselves, rather than to others to decide what we think, believe, and feel. Looking to ourselves to find “Aha” (intuition or inner peace).

Negative Self-Talk

- I should always be perfect and do everything perfectly
- I should never make mistakes
- I should always be in control
- I should always put the needs of others before mine; otherwise I am being selfish

Positive Self-Talk

- I am calm and relaxed
- I feel peaceful and centered
- My breathing is deep and regular
- I have control over how I react to stressful situations in my life
- I am worthy and deserving of happiness

Stress Resiliency

- Building stress hardiness
 - ✓ Commitment – a sense of involvement and meaning in what was happening in an individual's life
 - ✓ Challenge – the ability to see life changes and stressors as opportunities
 - ✓ Control – a belief that one had influence over his/her life

Stress Hardiness – the presence or absence of a certain combination of attitudes can be a reliable predictor of whether people under stress get sick or not.

Major or Minor Cause of Stress in Women and Men

	<u>Women</u>	<u>Men</u>
Pressure I put on myself	70%	61%
Money	69	65
Amount of work to get done in a day	56	55
Not getting enough sleep	53	50
My health	49	39
My children	47	36
My weight	44	30

MANAGING STRESS:

How to Maintain a Balanced Platter

Presented by:

PAUL THOMAS

The Thomas Group Ltd.

July 31, 2002