



# Address Your Stress and Refresh!

01.15.2021

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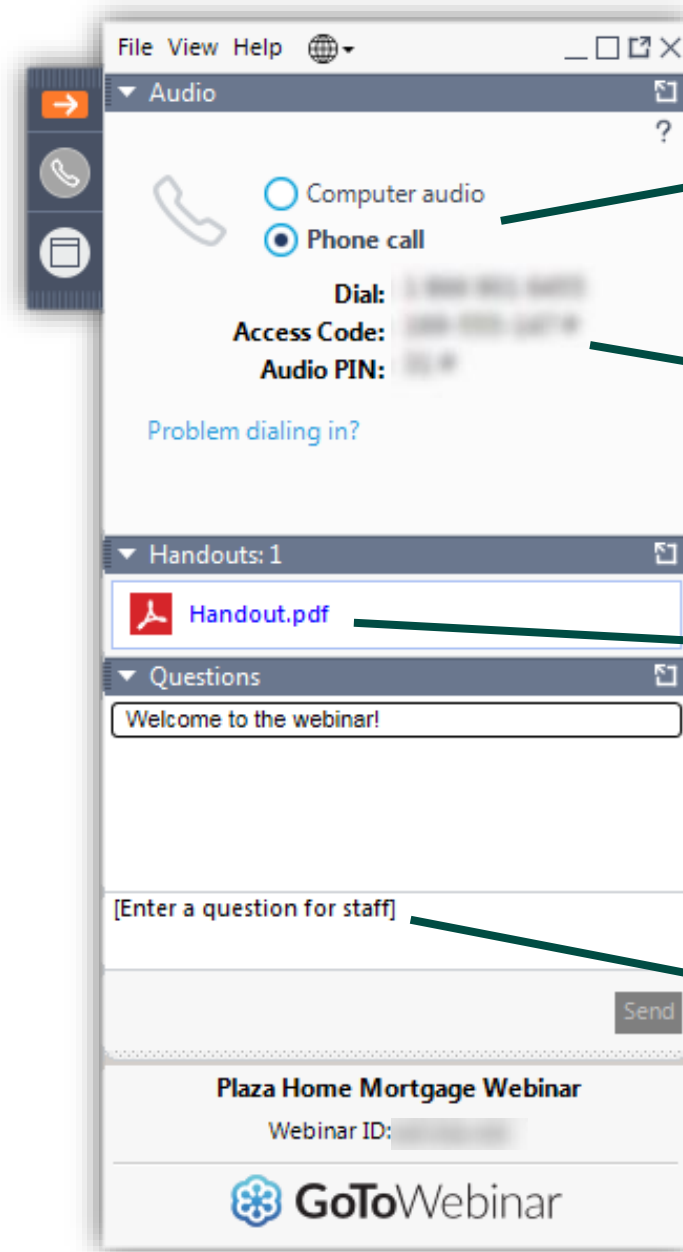


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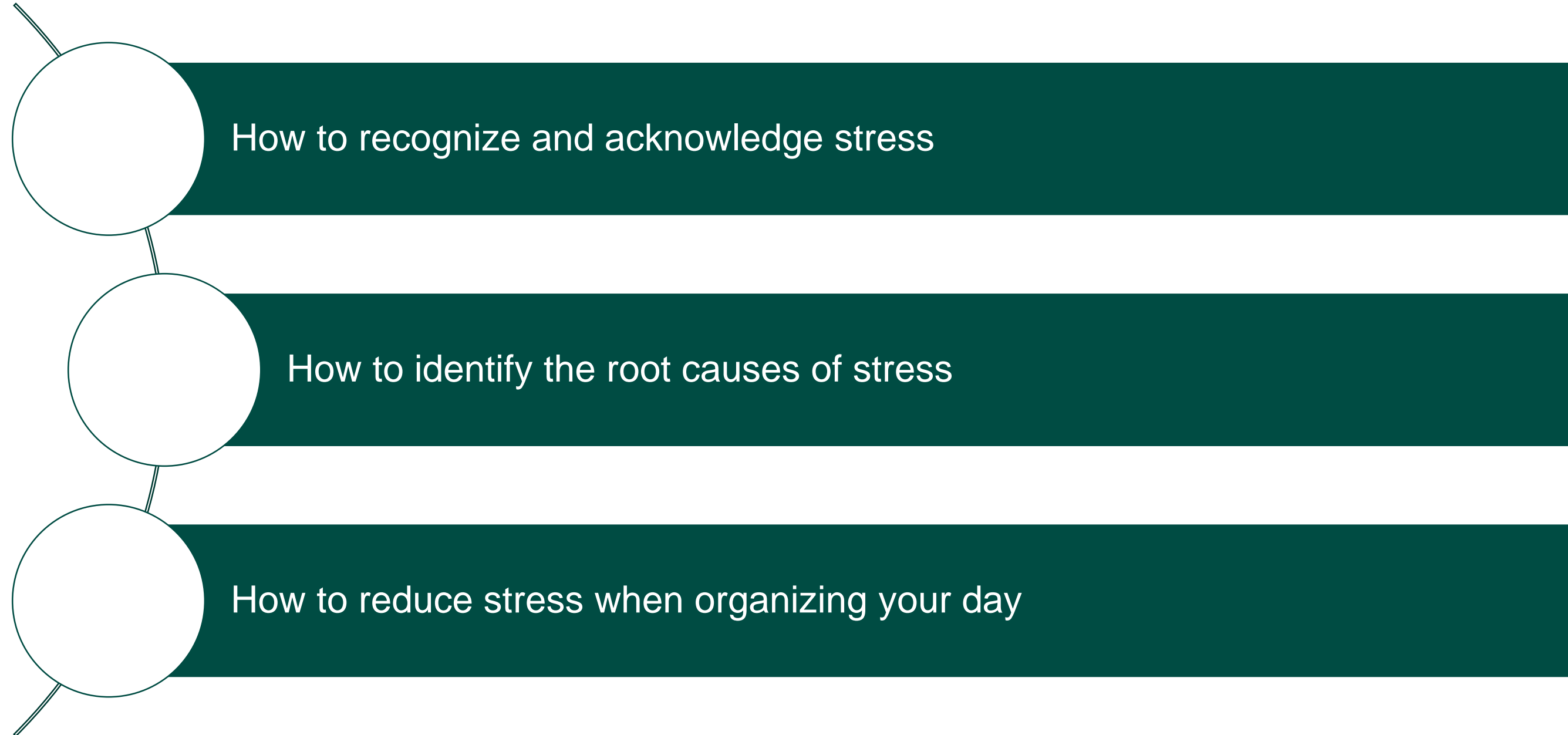
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# Presenter



**Lauren McCalmont**  
Training Specialist

# Agenda



# Let's Talk Stress...



**Stress is the body's response to any perceived demand or threat**

True

False

# Let's Talk Stress...



**Stress is never good and cannot be harnessed in a positive way**

True

False

# Let's Talk Stress...

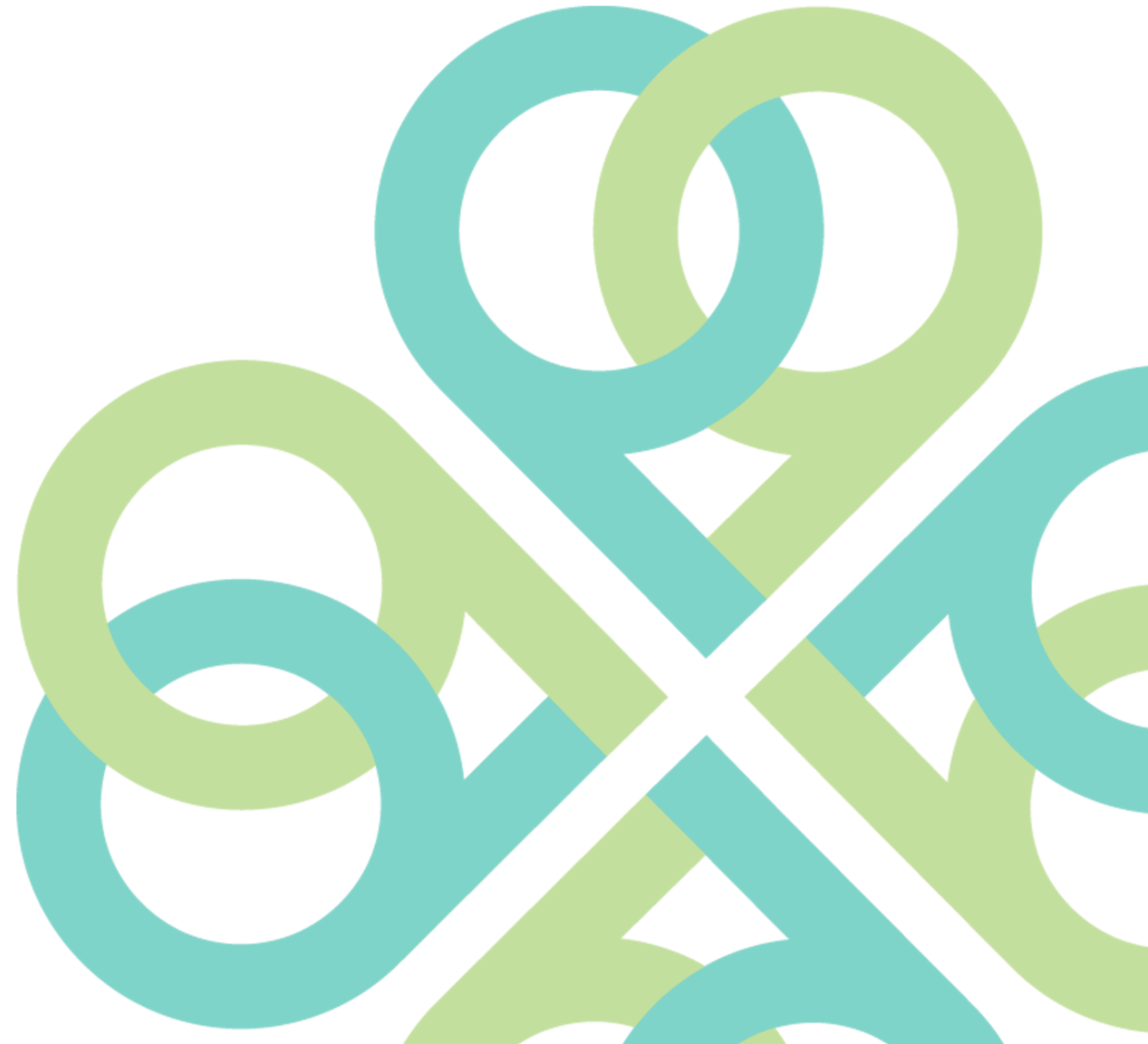


## Stress is...

- A **state you experience** when you perceive you cannot cope with the demands being made on you
- A **mindset** that influences how you respond when you are experiencing too much pressure
- A **type of behavior** you exhibit when you feel overwhelmed or as though you do not have the capacity to manage all the demands made on you



# Recognizing Stress



# Stress Motivators/Factors



Prolonged Pressure

Business/Dept Issues

Personal Issues

# Recognizing Stress Symptoms



## Physical

- Heart racing
- Constant tiredness
- Unhealthy cravings
- Lack of appetite
- Dizziness
- Nail biting
- Headaches
- Sleeping problems
- Restlessness

## Cognitive

- Memory issues
- Forgetfulness
- Inability to concentrate
- Constant worry
- Focusing on the negative
- Mental restlessness

# Recognizing Stress Symptoms



## Emotional

- Anxiety
- Anger
- Fear
- Frustration
- Irritability
- Sadness
- Lonely and isolated
- Preoccupied with problems
- Overwhelmed

## Behavioral

- Withdrawn
- Indecisive
- Inflexible
- Procrastinating
- Unable to sleep
- Irritability
- Unable to concentrate
- Neglecting responsibilities

# Identifying the Root Causes



# Reflect & Ask Yourself

## Create a list to brainstorm:

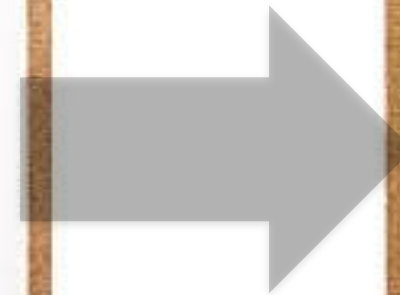
- What recent changes have occurred?
- What internal or external influences could be triggering you?
- What activities are you doing when you are experiencing stress?



# Reflect & Ask Yourself

## Initial List 1

- Working from home
- Virtual learning needs
- Economic uncertainty
- Loved one experiencing hard times
- 2 experienced team members resigned
- Increased workload volume
- Lack of social interaction



## Prioritized List 2

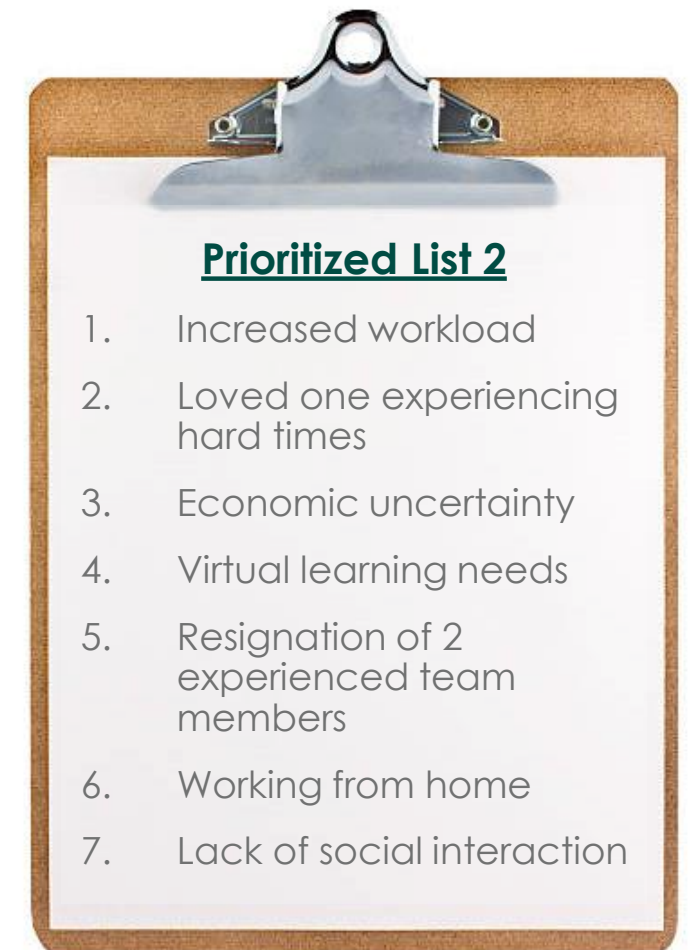
1. Increased workload
2. Loved one experiencing hard times
3. Economic uncertainty
4. Virtual learning needs
5. Resignation of 2 experienced team members
6. Working from home
7. Lack of social interaction

# Small Actions to Reduce Stress

Find small **do-now actions** to help reduce stress

Ideas to try:

- Communicate your daily schedule  
(i.e. timing of meetings, focused work, lunch time, breaks etc.)
- Implement time blocking
- Prioritize and find items to delegate on your to do list
- Accept things are outside of your control
- Set alarms and schedule check-ins
- Initiate recruiting and trainings for new team members
- Designate yourself a productive workspace





# Stress Reducing Activities

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Exercise



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Practice relaxation



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Do hobbies you enjoy



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Connect with others

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Practice self care

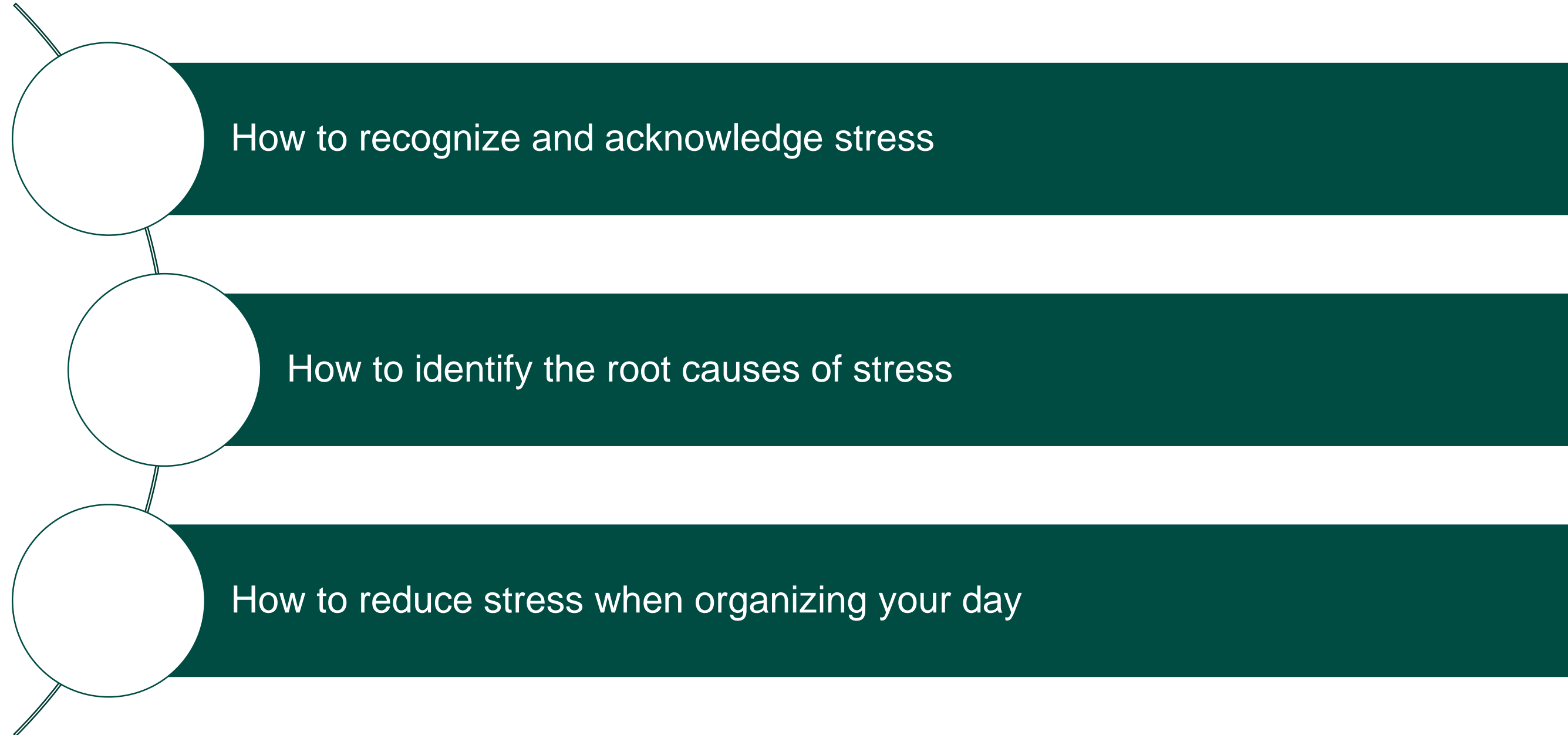


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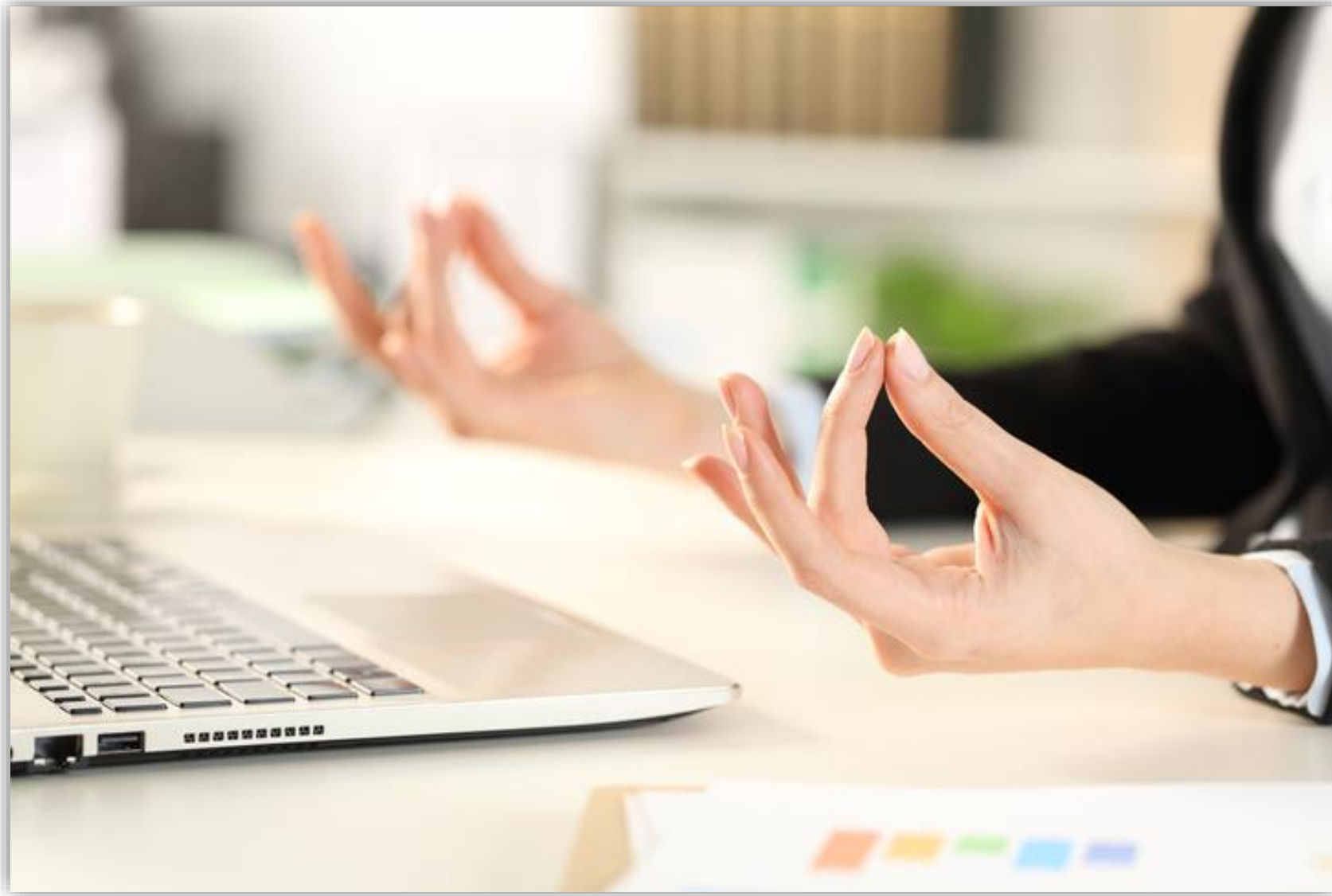
Express gratitude

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# Recap



# Key Takeaway



Please share in the chat box what you plan to takeaway from today's session



# Thank You for Attending



## Thank you!

Please let us know your thoughts on the survey form when you exit the webinar. We value your feedback!

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