

HARNESSING THE POWER OF STRESS

- What is stress?
 - Stress is the energy you produce as you wonder whether you can deal effectively with a threatening situation.
 - symptoms include increase heart rate, muscle tension, preoccupation,
 - We usually use the energy to attack the source of our stress or run from it, and either option can be helpful or not helpful.

HELPFUL STRESS MANAGEMENT RESPONSES

| Engage | Disengage |
|---|---|
| <ul style="list-style-type: none">◆ Get connected◆ Anticipate◆ Redirect the energy (exercise, hobby, etc.)◆ Assert your self appropriately | <ul style="list-style-type: none">◆ Self-observation◆ Keep perspective |

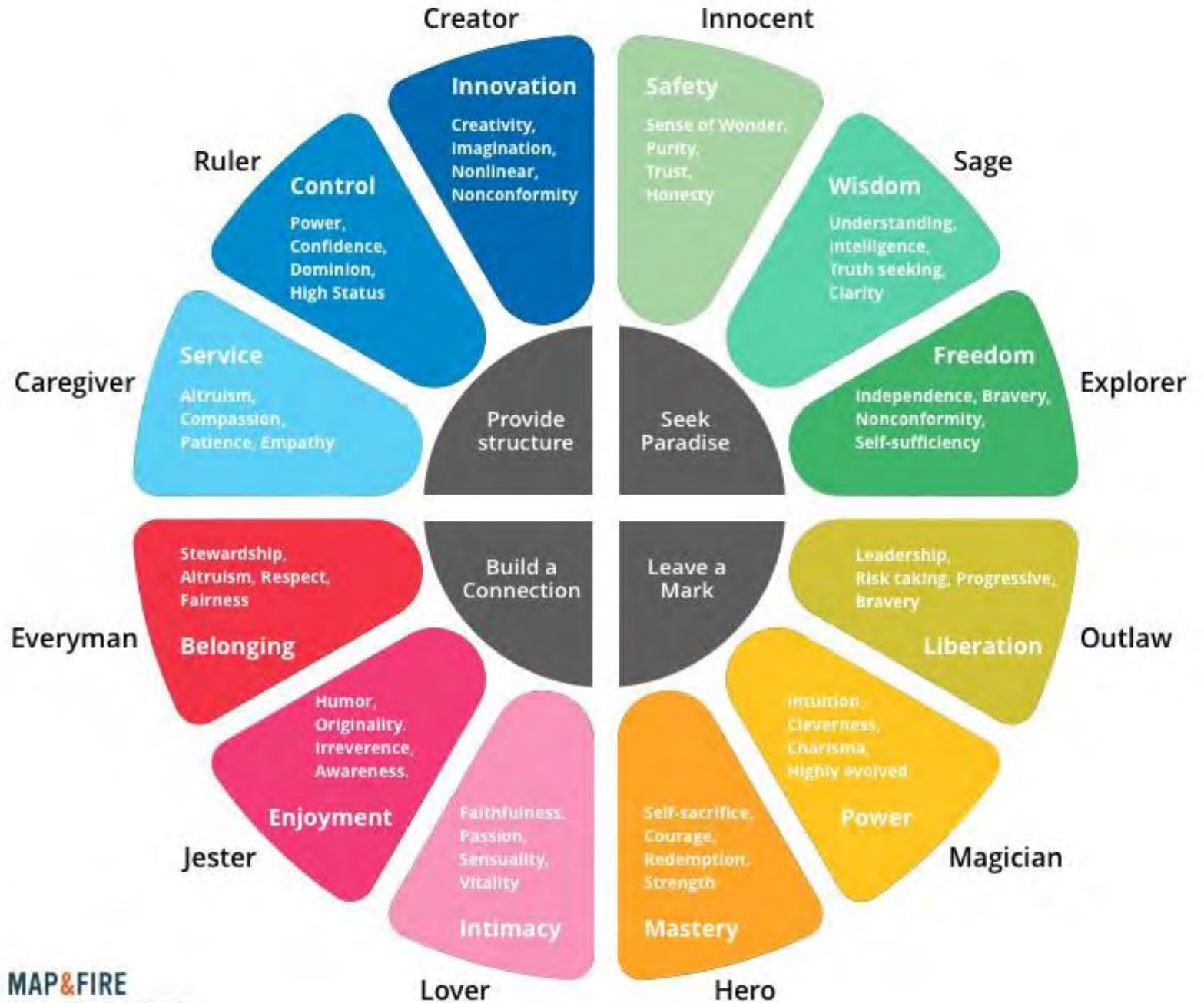
HURTFUL STRESS MANAGEMENT RESPONSES

| Engage | Disengage |
|--|--|
| <ul style="list-style-type: none">◆ Frequently attacking, blaming, criticizing others◆ Frequently splitting or causing dissention among staff | <ul style="list-style-type: none">◆ Frequently deny, rationalize, or unable to accept responsibility for wrong doing◆ Cut off feelings/apathy |

HELPFUL STRESS MANAGEMENT RESPONSES

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My Dream Team



MY DREAM TEAM₂

- My **Sage** (who will offer me guidance) is...
- My **Hero** (who will always demand greatness from me) is...
- My **Caregiver** (who will always nurture me) is...
- My **Everyman** (with whom I will always feel connected and comfortable) is...

- I know I can be my own Sage. I have wisdom. These are three excellent decisions I've made...
- I know I can be my own Hero. I have superpowers. These are three amazing things I have accomplished...
- I know I can be my own Caregiver. I have value. These are three things that fill my cup...
- I know I can be my own Everyman. I have self-acceptance. These are three things I love about myself....