


Frog in Hot Water


- Boiling
- Gradual




Physical Stress

- Situation
 - Site Visit/Office Visit
 - Confrontation
- Environment
 - Noise
 - Temperature
- Weather
 - Rain
 - Heat
- Health
 - Flu
 - Migraine

How do we get HERE?



Or Here



Guided Exercise

B*R*E*A*T*H*E

Emotional Stress

- Situation
 - Strife in the office
 - Resource conflict
- Trigger
 - Who pushes your buttons
 - Knowingly
 - Innocently
- Professional
 - Status
 - Report Structure
- Personal
 - Family
 - Caretaker

B•R•E•A•T•H•E

- Be
- Real
- Embrace
- Acceptance
- Treat
- Humans
- Equally

Be Real

- Ambition
- Reality
- Time Study
 - How long does work **really** take
- Build in what-if time

Embrace Acceptance

- You are human – so are other people
- Meet people where they are, not where you want them to be
- There will always be more work than there is time to do it

Treat Humans Equally

- The most difficult of the triad
- What is their situation
- What is their motivation

What's Next

- Strategies
 - Physical Stress
 - Emotional Stress

Virginia Woolf

- *“Life for both sexes—and I look at them, shouldering their way along the pavement—is arduous, difficult, a perpetual struggle. It calls for gigantic courage and strength. More than anything, perhaps, creatures of illusion that we are, it calls for confidence in oneself.”*

- A Room of One's Own, Chapter 2

May Sarton

"I tamed very bleak rented rooms in London...when I was young. The walls were brown. Nothing had any charm...[B]ut somehow, by arranging books on the desk, buying a few daffodils from the cart on the street, putting up postcard reproductions of paintings I loved...the room became my room and I began to live in it...to know who May Sarton was and hoped to become."

-from At Seventy, A Journal

Amy Cuddy

- Power Poses
 - Theory
 - Controversy

James-Lange

- 19th century ideal and one of the earliest theories of emotion
- Physiological arousal instigates the experience of emotion rather than an emotion being experienced that causes physiological response.
- SMILE! Outside is affecting inside

Conclusion

- Listen to your body – it is the key to managing stress
- Listen to your intellect – it will guide the body to reducing stress
- Listen to music – it is inspiring and fun

Remember...

- Create your own quiet space
 - Personally
 - Professionally
 - Physically
 - Emotionally