



Stress Targeting Tactical Exercises

- 1** Consider the decision tree below that was presented in the Low Stress Success workshop.
- 2** Identify a feeling of stress and/or anxiety in your life and determine what action is best suited to it.
- 3** When you are finished, answer the following reflection questions:

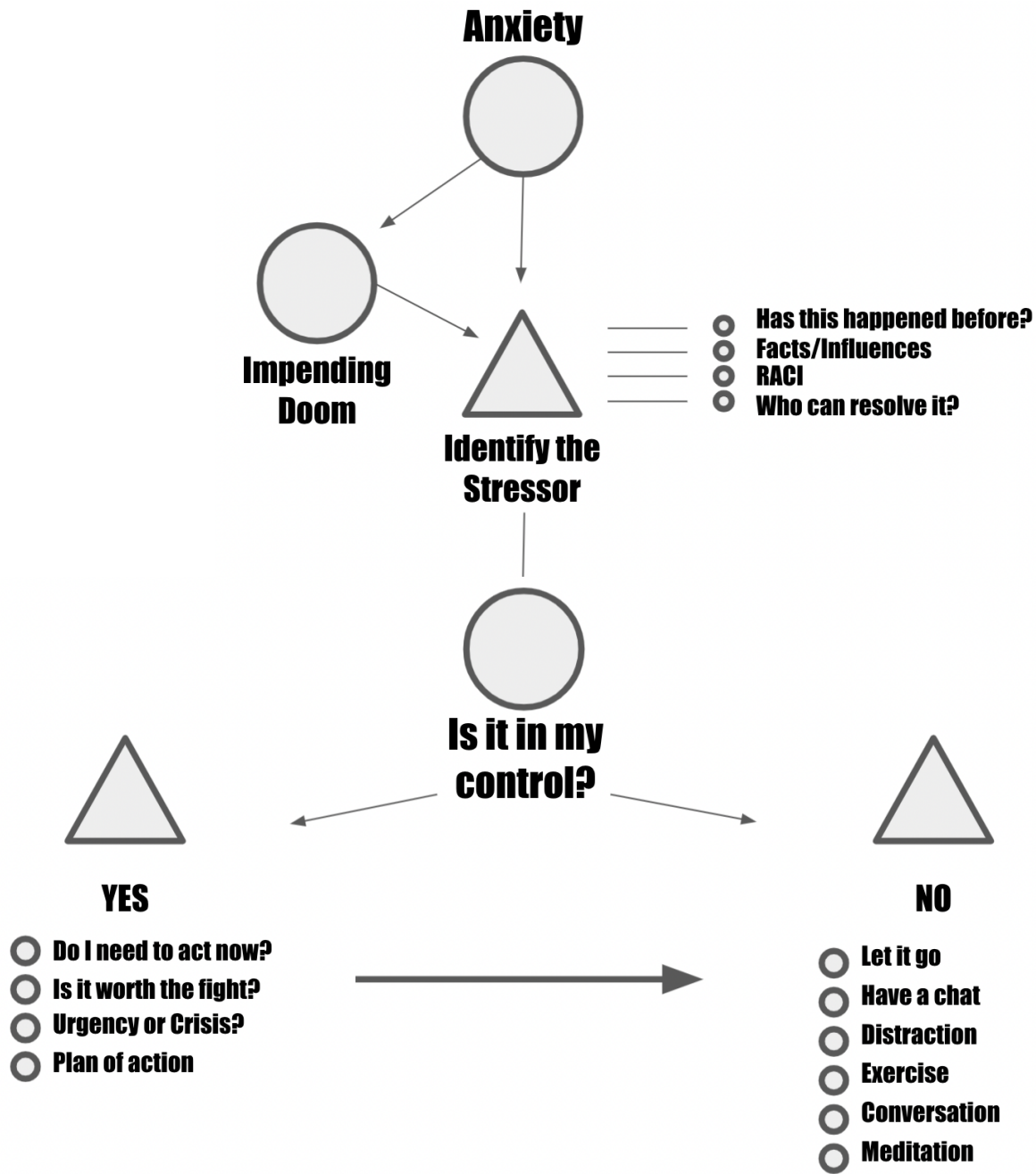
 How would you describe the feeling you started with in the decision tree process?

 If it was a stressor, was it outside or inside of your sphere of control? If it was determined to be outside of your control, what specific action did you apply to actively Let It Go?

 If it was determined to be inside of your control, what plan did you develop to resolve the stressor?

 Did you execute on your plan to resolve the stressor? What were your results? How would you do it differently next time?

Stress Decision Tree



Definitions

Anxiety - Anxiety is a general feeling about something ambiguous. (uncertainty)

Stress - Stress is a sense of urgency about a specific problem. (difficulty)

Stress that is in my control -

- Do I need to act now? Is this worth the fight?
- Begin with differentiating between urgency and crisis. Move forward with as much calm as possible for yourself and your team.
- Create a plan of action! This is where you don't need our help!

Stress that is out of my control -

- Can I let it go? If so, it's anxiety and you need to move on.
- Think about/do something else that you enjoy doing.
- Exercise
- Meditation
- Take a walk
- Talk to someone

Cognitive Behavioral Therapy -

- Learn to recognize one's distortions in thinking that are creating problems, and reevaluate them in light of reality.
- Gain a better understanding of the behavior and motivation of others.
- Use problem-solving skills to cope with difficult situations.
- Develop a greater sense of confidence in one's own abilities.

RACI -

- Am I **R**esponsible?
- Am I **A**ccountable?
- Am I **C**onsulted?
- Am I **I**nformed?