

STRESS MANAGEMENT & TEAMWORK

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**THERE ARE ONLY
TWO TIMES
I FEEL STRESS:**

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VULNERABILITY TO STRESS

- Lack of rest
- Lack of good nutrition
- Lack of exercise
- Too many stressors at one time
- Low social/familial support
- New (to) environment

EFFECTS OF STRESS

- Physical
- Mental
- Emotional
- Behavioral

STRESS PERSONIFIED

- Prioritize! The work will be there tomorrow, so do what you can, when you can...
- You have to find healthy ways to communicate with your coworkers
- You cannot talk about work... all the time. Bringing the stress of work home, really affects you and your loved ones...
- Direct communication, alleviates stress. Try it.

STRESS BUSTERS

- Make a manageable list of all goals
- "24-hour Rule"
- Don't forget to schedule time for you! Find creative ways to relieve stress, "get away"
- Learn to say "no" and not stretch yourself to thin.

STRESS BUSTERS

- Get some R & R
- Work out to help you work
- Food for thought
- Be creative w/ how to have FUN at work
- RE*lieve* stress, don't RE*live* stress

CLOSING

- Questions? Comments?
- Feedback forms
- Handouts