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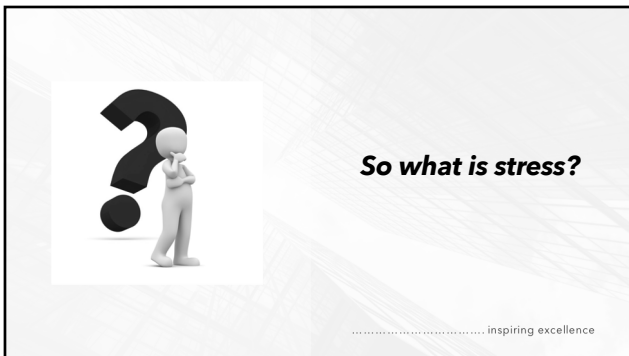
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DEFINITION



**Stress (n)**  
a specific response by the body to a stimulus, as fear or pain, that disturbs or interferes with the equilibrium of an organism

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**(Re)Defining Our Relationship to Stress**



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**THE CHEMISTRY OF STRESS**



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## TYPES OF STRESS

<p><b>Acute (Challenge)</b></p> <ul style="list-style-type: none"> <li>• Increased heart rate</li> <li>• Increased blood pressure</li> <li>• Improved immune function</li> <li>• Improved short-term memory</li> <li>• Improved focus and attention</li> </ul>	<p><b>Chronic (Threat)</b></p> <ul style="list-style-type: none"> <li>• Increased cardiovascular stress</li> <li>• Glucose stored as fat</li> <li>• Decreased immune function</li> <li>• Decreased memory</li> <li>• Decreased focus and attention</li> </ul>
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..... inspiring excellence

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## FROM REACTION TO



- Mindset: Acceptance
- Boosting Resilience
- Planning: Choosing our Response to Stress
- Executing on our Plan
- Evaluation and Adjustment

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## BUILD A FOUNDATION TO WEATHER STRESS WELL

- Eat well
- Sleep soundly
- Move often
- Rest/unplug strategically
- Connect consistently



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<p><b>Plug In</b></p> <p>Establish a morning ritual to engage with the world</p>	<p><b>Recharge</b></p> <p>Consciously create consistent energy shifts in throughout your day</p>	<p><b>Unplug</b></p> <p>Follow an evening ritual to help you decompress and relax</p>	<p><b>Repeat</b></p> <p>Develop a rhythm day over day and observe your progress</p>
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**MASTERING STRESS**


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**CONNECTION**




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**BOREDOM IS A STRESSOR**

- Seek (and find) novelty
- Create undulation in your day (avoid flatlining)
- Move
- Leverage creative outlets
- What else?



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**How do we fix our time deficit?**

- Are there things you do/take-on for others that would be better handled another way?
- Is there a process you can fix?
- How would a daily huddle help you?
- What can you limit or eliminate (something that has low/no ROI for you)?
- What else?

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**Planning for Stress**

- Accept that "stress" happens – to all of us
- Self-awareness – what leads to stress for you?
- Decide how you'd like to respond in those stressful situations
- Commitment to making the choice that's good for you/your team/etc.

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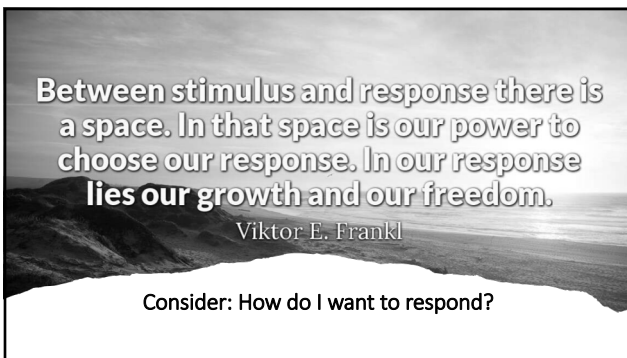
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**Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.**

Viktor E. Frankl

Consider: How do I want to respond?

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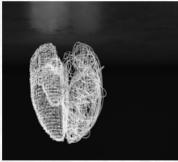
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**Receiving Stress and Directing Our Energy**



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Begin by acknowledging that this feeling (stress, angst, etc.) is messaging you. How we hone in on the space?

- Notice it
- Breathe
- Move
- Meditate/Pray
- Humor
- What else?

Then remember how you said you wanted to act. Having clear goals going in makes it easier to stay focused when you start to feel reactive.

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**ACTION + REFLECTION = LEARNING**

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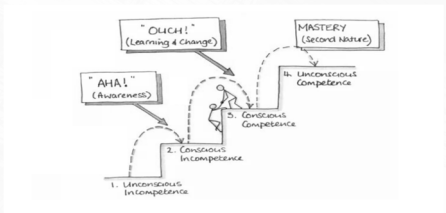
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**WHAT THIS LEARNING JOURNEY MAY BE LIKE...**



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