

**S T R E S S E D ?**

**E M B R A C E  
T H E  
G L O R I O U S  
M E S S T H A T  
I S Y O U !**

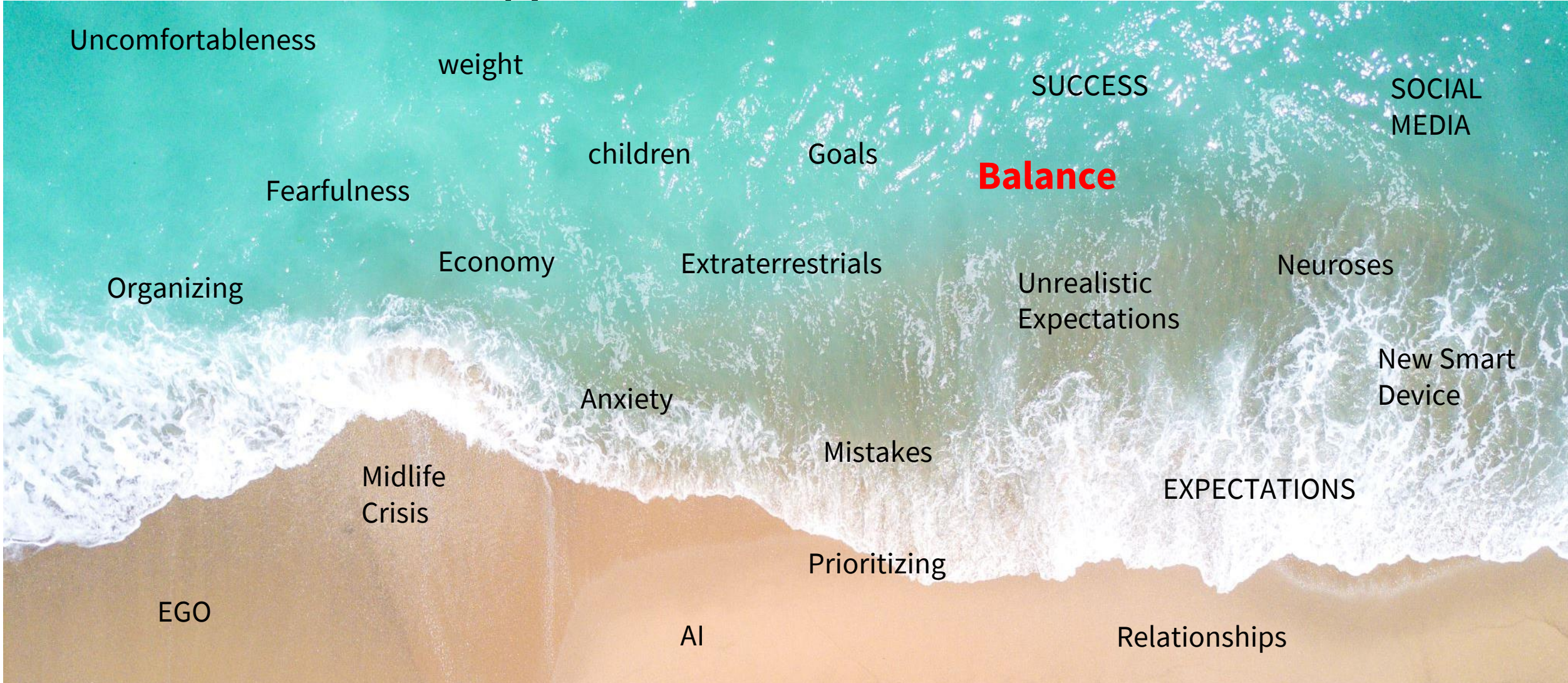




<https://youtu.be/My5mFtF5ynE>



# ○ Embrace the glorious mess that is YOU





# ○ What we are not going to talk about...

## **DO LESS**

- Limit Coffee
- Limit Alcohol
- Limit Sugar
- Social media
- Saying “Yes”

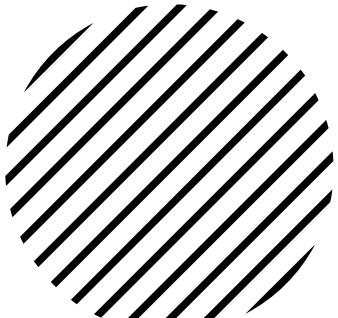
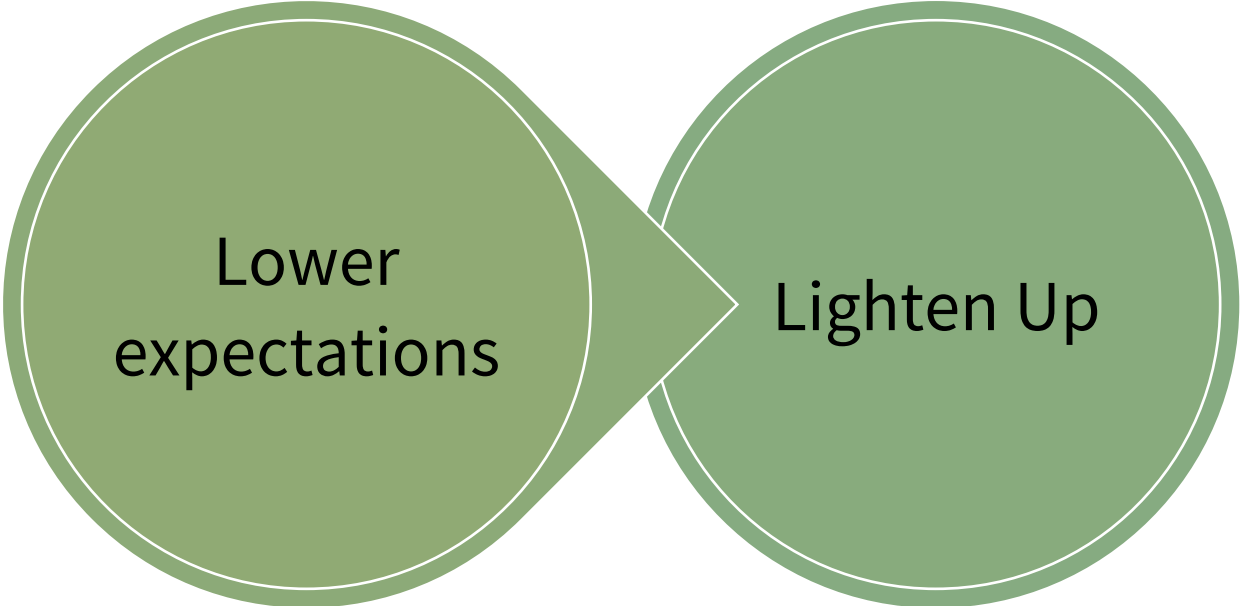
## **DO MORE**

- Sleep More
- Keep a Diary
- More Yoga; Meditation
- Counseling
- Time Management
- Take Control





Two things  
that are in  
your control



# ○ Lower Your Expectations

So you mean to tell  
me a stress  
ball isn't for  
throwing at  
people who  
stress you out?



- #1 Stressor
- Co-workers
- What do you expect of others?
- Why don't they do what I want?





# Lighten Up



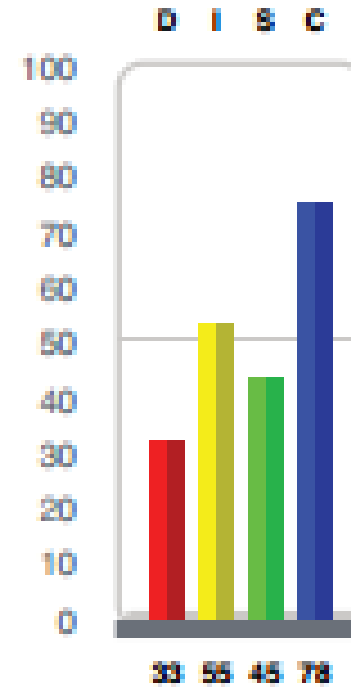
- Breathe
- Smile
- 60k thoughts a day
- Enjoy the moment
  - Less selfies
- Are you a Negative Nellie?



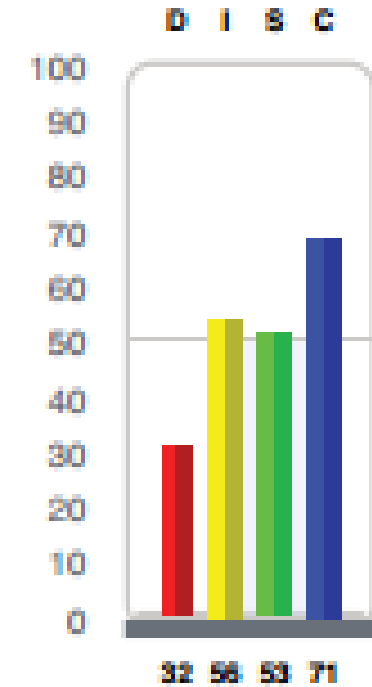
"Observe all men; thy self most."  
-- Benjamin Franklin

PROFILES HAVE BEEN IN  
PLACE SINCE SOCRATES  
TIME

Adapted Style



Natural Style





# ○ DISC

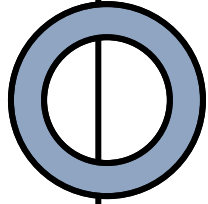
## High Energy

- **Director**
  - Confident, direct, quick decisions
  - Aggressive, impatient, no facts
- **Influencer**
  - Versatile, talker, idea generator
  - Fluff, interrupts, not serious

## Low Energy

- **Supporter**
  - Kind, calm, thoughtful
  - Uninterested, barrier, lazy
- **Controller**
  - Detail-oriented, clarity, data
  - Cold, distant, grumbly





# Values Motivators

Knowledge

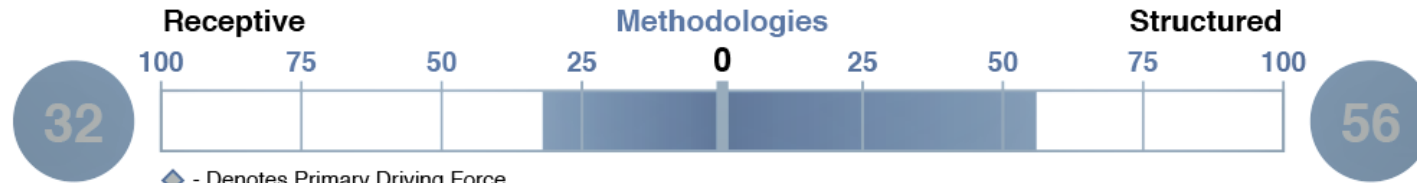
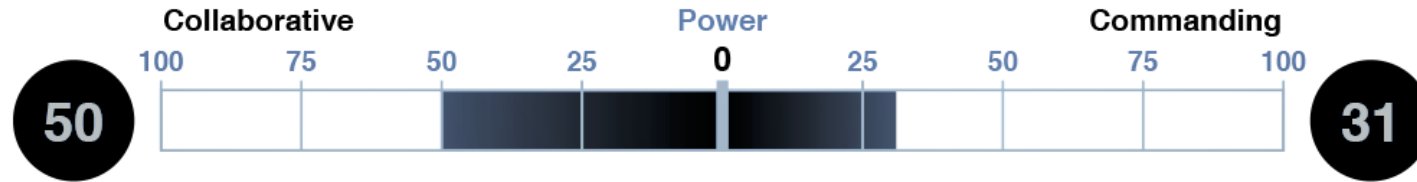
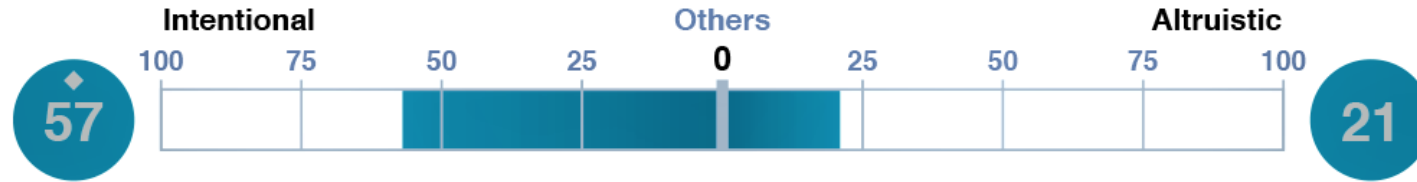
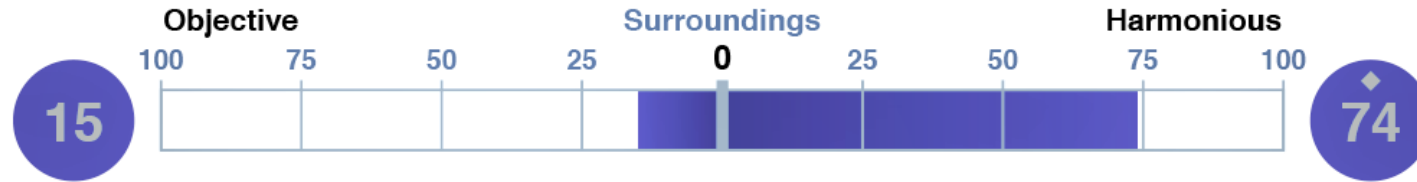
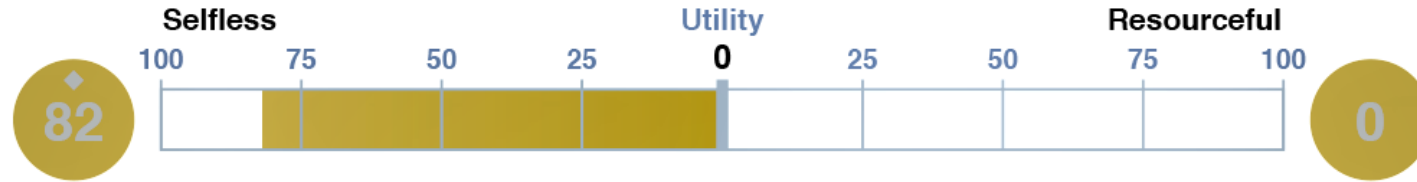
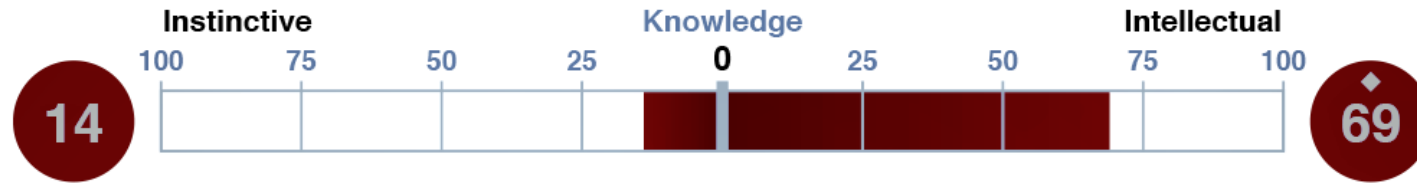
Utility

Surroundings

Others

Power

Methodologies



◆ - Denotes Primary Driving Force





# In Conclusion

1

Be easy on yourself

- Human Beings not Human Doings

2

Know Thyself

3

Observe Others

4

Be thoughtful of others' values and profile

- They won't change

5

Pause; consider who they are

- Adjust your response to them





### **Stress Impact Statistics**

- Stress has a negative impact on their personal and professional life 48 %
- Say they have difficulty managing work and family responsibilities. 31 %
- jobs interfering with their family or personal time as a significant source of stress. 35 %
- Percent who said stress has caused them to fight with people close to them 54 %





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

*L I G H T E N U P*





**THE END**

QUESTIONS?

