

EMPOWERSHIP *Small Group Study Program*

The Importance of De-Stressing on the Job & How To Do It

SUMMARY:

Dangers of Stress:

1) Physical Dangers - Long-term overexposure to stress hormones can cause increased risk of anxiety, depression, heart disease, weight gain, and memory and concentration problems.

2) Emotional Dangers - Coping mechanisms are compromised and we run the risk of having short fuses or over-reactions to stressful situations. Stress from one area of life may seep into other areas. Motivation, energy and fulfillment levels drop.

Alleviators of Stress:

1) Track Positivity - Journaling is a wonderful method to track the gratitude and happiness that is occurring in our lives and it works wonders to counter the negative effects of stress. Plus, it's a healthy way to brain dump what worries you.

2) Up Body Care - Taking care of our physical body plummets when we are under stress. Up the love and attention you give yourself through healthy eating, abundant water intake, brisk walks, thoughtful stretching, deep breathing & adequate sleep.

3) Find an Outlet - Stress is like steam, it needs a release valve. Find a positive outlet to vent whether that's through laughter, singing, or chatting with girlfriends. Make sure you are releasing stress on a regular basis to avoid overload.

4) Practice Saying No - Overcommitment is often a source of stress, especially for working moms. Say no when you need to to outside activities that may be making you feel overwhelmed.

AND THEN ONE DAY I DECIDED THAT HURRY AND STRESS WERE NO LONGER GOING TO BE PART OF MY LIFE. STRESS IS SELF-CREATED; I DECIDED TO STOP MANUFACTURING IT.

WE CAN CHOOSE INTERNAL CALM AND JOY EVEN AMID THE CHAOS.

- Brendon Burchard

CURRENT STATE:

Rate your current overall level of stress, 10 is highest.



Why did you give yourself this rating? What could you do starting today to move the needle lower on your rating?

CONSIDER:

How long have I been dealing with high levels of stress?

What physical signs of stress has my body been showing me?

What positive things could happen as a result of lowering my stress?

What's at risk if I don't make a concerted effort to reduce stress?

How will I feel when I look back on this if I don't take action now?

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What area(s) in your life are causing a concerning level of stress?



TAKING ACTION:

Identify exactly the source of stress in each of the 5 areas and one action you can take to reduce it:

Career

stress _____

action _____

Relationships

stress _____

action _____

Health & Wellness

stress _____

action _____

DISCUSSION:

1. How is stress showing up for you at work? What are you doing to cope?
2. Share something you've done that has significantly reduced stress in your life.
3. Is it reasonable to think working women can reduce stress to manageable level?
4. What's a suggestion you might give to help someone who is on the brink of a stress overload?

TAKING ACTION *cont'd*:

Identify exactly the source of stress in each of the 5 areas and one action you can take to reduce it :

Finances

stress _____

action _____

Personal Growth & Goals

stress _____

action _____