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Stress Less: Gain Perspective

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What is stress?

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Stress does funky things to…

- Your mind
- Your behaviors
- Your body

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Managing stress starts with you!

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Is your thinking style distorted?

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Counterproductive Core Beliefs

- I must have everyone's support, approval, respect
- I must be unfailingly competent and perfect in all I do; my self-worth is based on my achievements
- People, including me, deserve to be blamed and punished for mistakes
- It's awful when things or people aren't the way I want them to be
- I have little control over my unhappiness; it's all caused by other events or people. If they would change, everything would be alright

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Counterproductive Core Beliefs

- If there is a possibility that something could go wrong, I have to worry about it
- It's easier to avoid life's difficulties by putting them off
- I need someone stronger than myself to rely on
- There is little I can do to change myself; I am the product of my past
- There is a perfect solution to every problem. I must have it and be in control

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What you CAN do to manage stress…

- Know your triggers!
- Create balance
- Take time to reflect
- Check your perspective
- Reclaim your time

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Managing stress at work…

- Bring your workload under control where possible
- Eliminate ambiguity/uncertainty
- Have realistic expectations
- Don't rehearse your dissatisfactions with your job
- Leave your work at the office
- Accept imperfection in yourself/others

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Managing stress at work…

- Steer clear of office politics, emotional confrontations
- Focus on today's goals; keep the larger plan in view
- Ride out rumors
- Give change a chance
- Treat your physical and emotional well being as valuable professional resources
- Practice mindfulness, meditation, or yoga

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Take care of YOU!

Choose to drive your own bus.

More stress resources on Health Matters

Stress Center
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