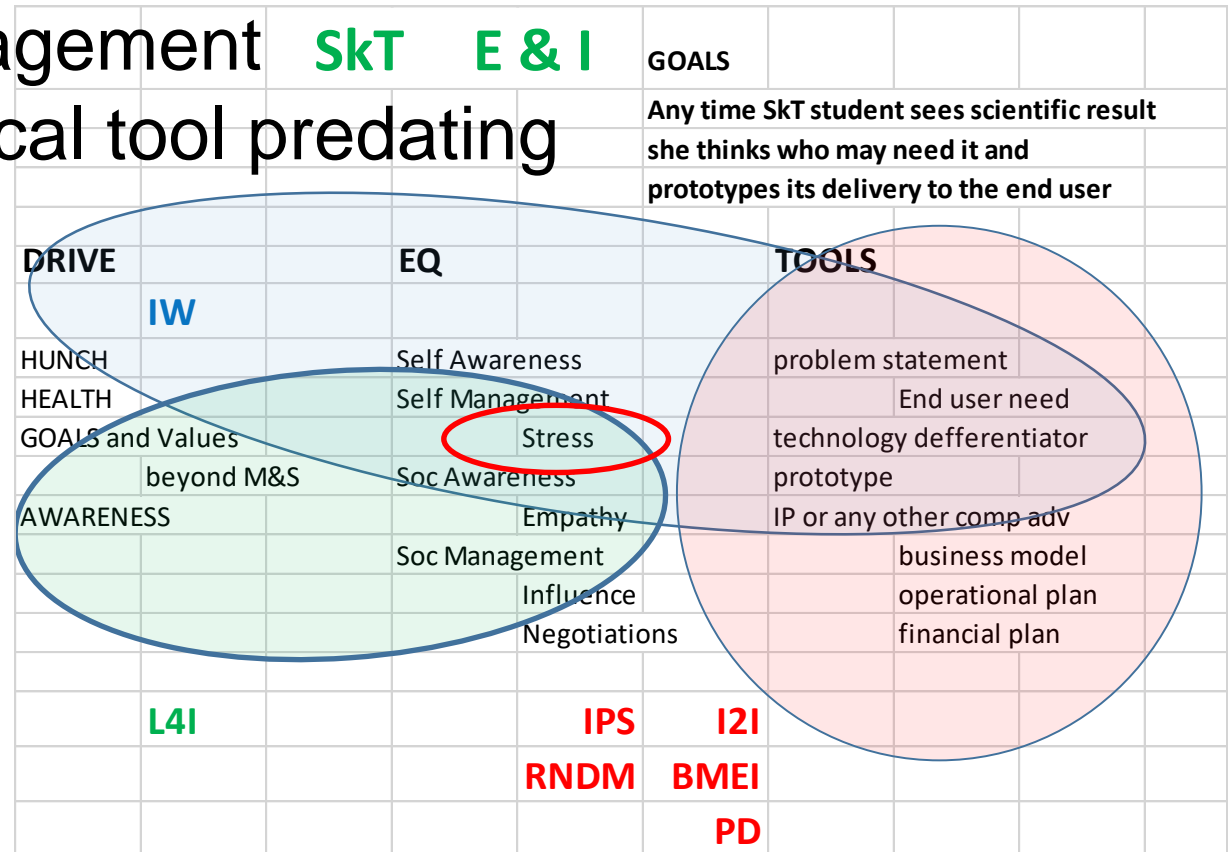


STRESS MANAGEMENT

- Soc awareness is the barrier to pass
- Self-awareness is the key strategic challenge
- Influence is the key tactical challenge

→ Stress management **SkT E & I** is the technical tool predating any other tool



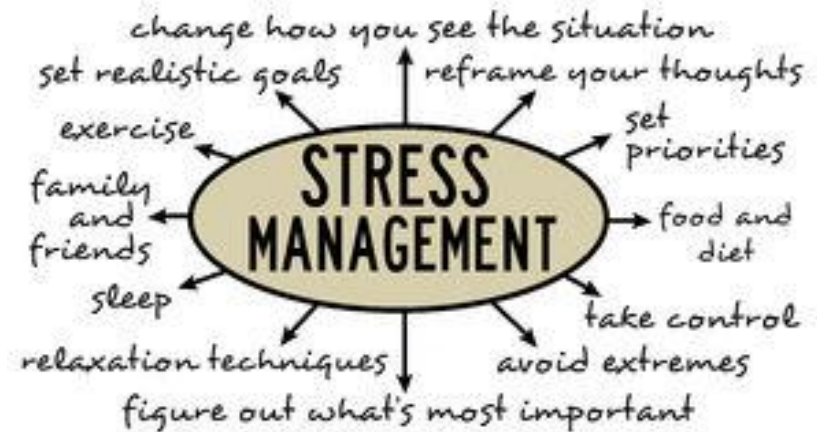
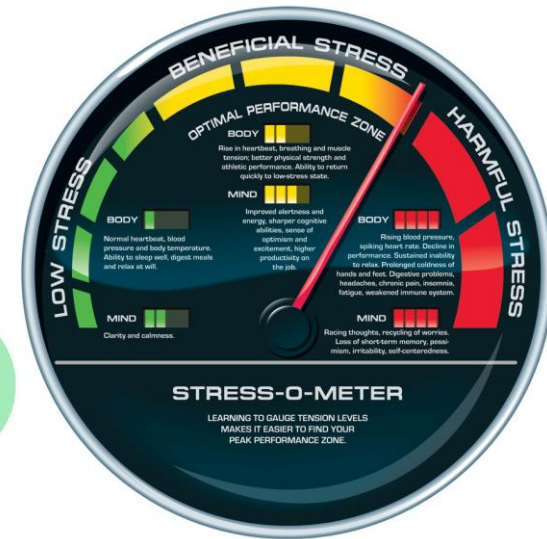
STRESS

- Inability to make decisions
 - Inability to act
 - Lack of focus
 - Body tensions
- If you are stressed, you are:
- Not healthy
 - Not convincing
 - Not inspiring
 - Not attractive
 - Clearly not a Leader



SO WHAT IS THE PROBLEM ?

- Find good stress level
 - Some stress is good
- Remove stressors
- Activate destressors
 - Lists are available
- Establish goals
 - Make a plan
 - Act
- Increase awareness
 - Equanimity: Neutral Point Of View (NPOV) is the dominant religion
 - Let go (acceptance)
 - Pick your fights



WE ONLY CAN DO THINGS WHEN WE ARE NOT IN STRESS

YES ! WE CAN!

→ **We can do all these beautiful things indeed**

→ **BUT Only**

→ **when we are not in stress**

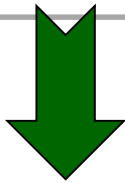
→ Stress is physiological, not cognitive

→ Forced downgrade from cognitive intellectual skills to bodily physiological skills

→ Many people do not know how to do it and do not want to do it and are terrified at the mere thought of the downgrade

WHEN IN STRESS

THEY SAY:



- Understand that stress is illusory
- Understand that stress is bad for you
- Establish your goals and plan
- Activate destressors

I SAY:



Stress Reduction Kit

**Bang
Head
Here**

Directions:

1. Place kit on FIRM surface.
2. Follow directions in circle of kit.
3. Repeat step 2 as necessary, or until unconscious.
4. If unconscious, cease stress reduction activity.

Cognitive processing therapy (CPT)

- Cognitive tools/exercises are good for stress prophylactics
 - But you can not employ them in stress as your cognition is suppressed
- The only way to prevent stress is body awareness and processes



healthy
body



healthy
mind

+

=

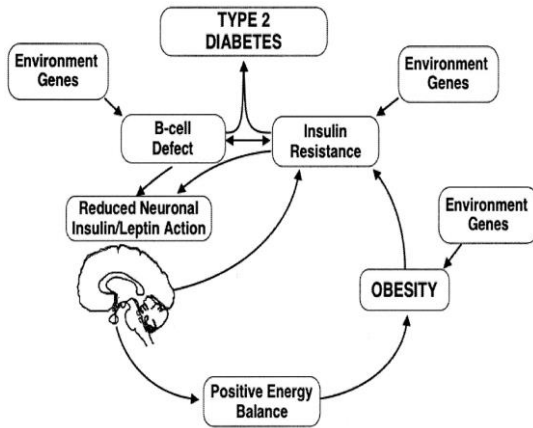
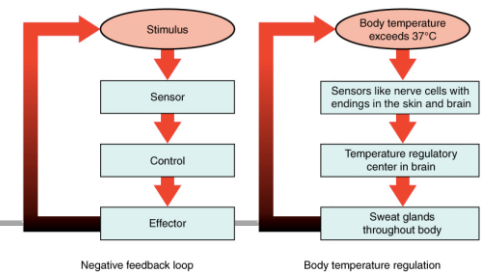


happy
life

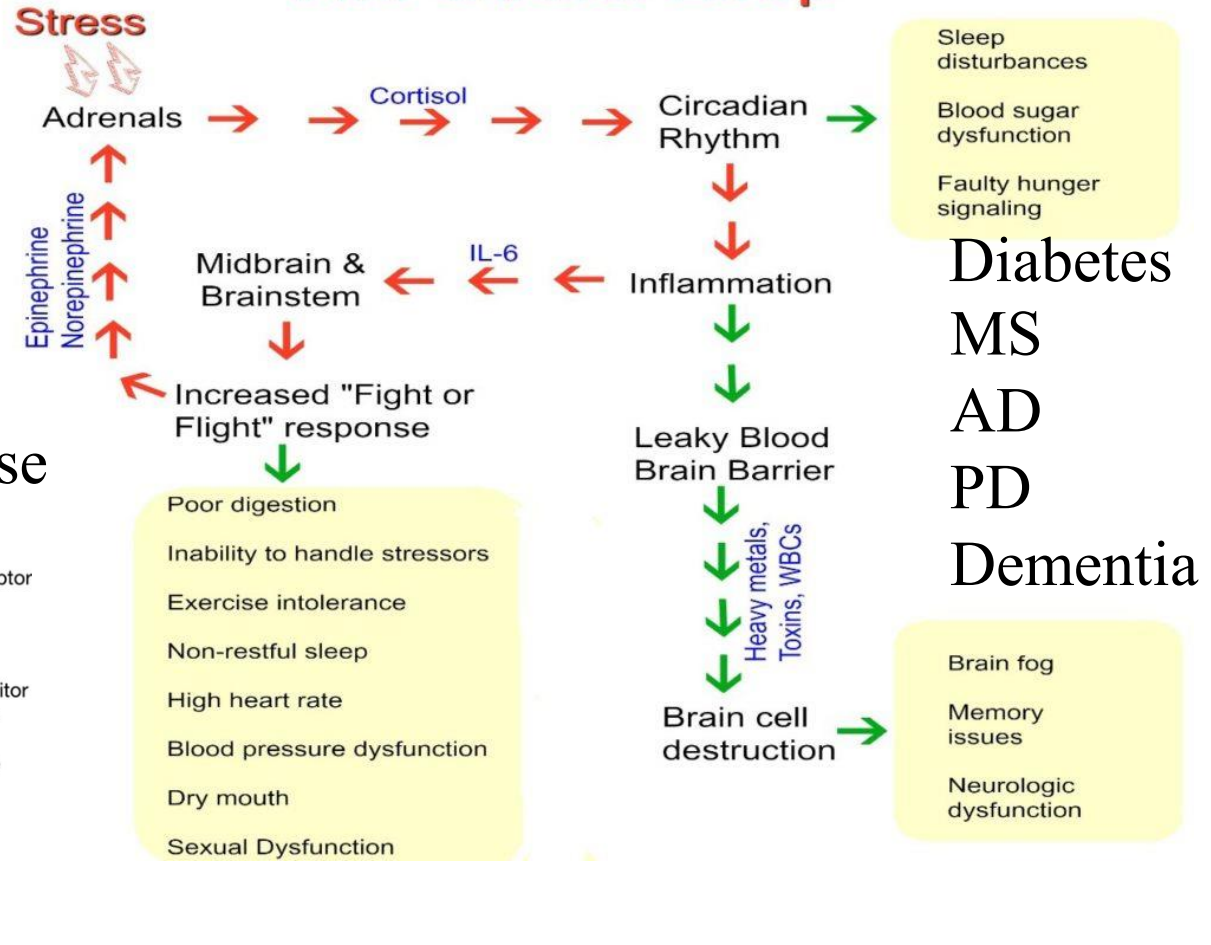
- But! As soon as it starts working, apply cognitive tools/exercises !
- **SO WHY WE START WITH THE BODY ???**

Multiple self-enhancing loops

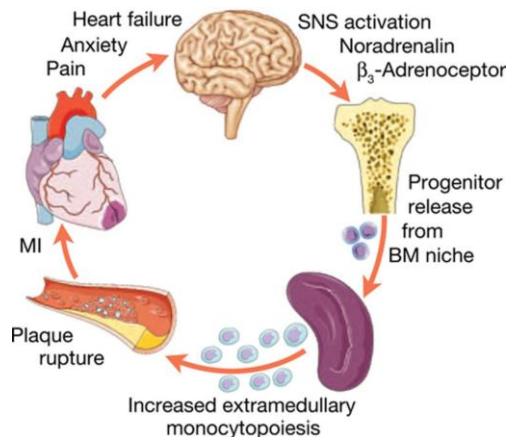
(para-science, not pseudo-science)



The Stress Loop



Cardiodisease



BRAIN/MIND FEEDBACK LOOP

- Stress comes from within and is physiological
 - Mind commands, brain reacts
 - Feedback loop collapse is inevitable
 - That's why banging head over the wall indeed reduces stress
- The more you think the more you stress
 - Would you like to think about it?
- You can not understand stress management because your mind is disabled by stress
 - You only can experience stress management
 - First you must become aware of body tensions



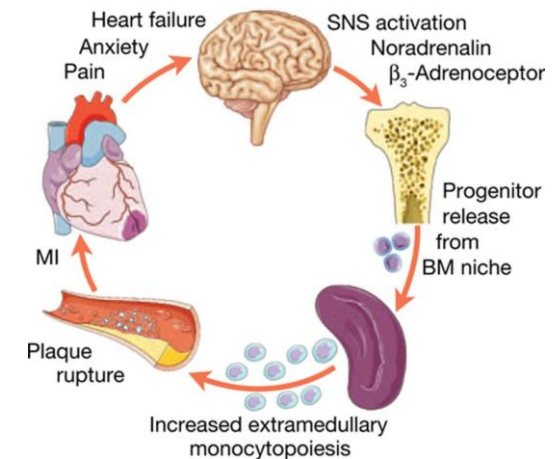
BREATHING IS THE ONLY TOOL

→ What we can not control

- Blood pressure
- Hormon production
- Muscle tense
- Thoughts
 - no, you can not)

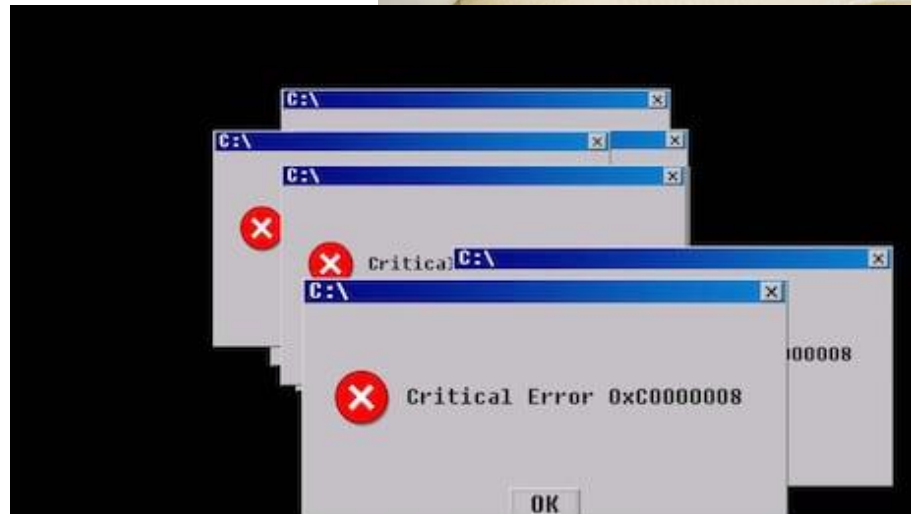
→ What we can control

- Breathing !
 - **Both ways !**
- breath rate is proven to directly correlate to most physiological parameters



EMPTY BUZZWORDS DO NOT WORK

- Remove stressors
- Activate destressors
- Establish goals
- Make a plan
- Increase awareness



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Again why it is important

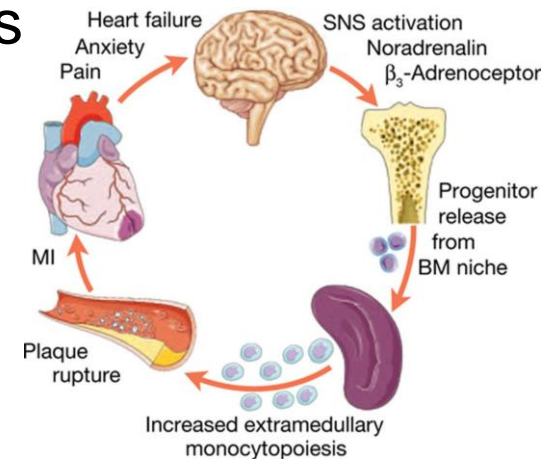
(just another repetition)

- The best way to de-stress any situation is figuring out your goal in this particular situation and the optimal way of action towards this goal in compliance with your values
- Sounds easy, BUT, for that you must
 - 1) get out of brain feedback loop
 - 2) know your goals and values
- Leadership starts with self-confidence
 - Self-confidence starts with awareness of goals and values
- **Natural-born leaders are born equal BUT**
 - learn dealing with mind feedback loops early in life
 - are forced to realize their G & V earlier than others
 - **So lets train both things in this class!**



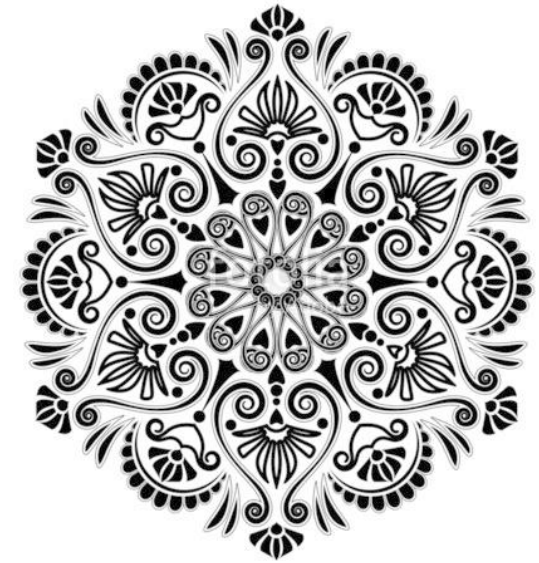
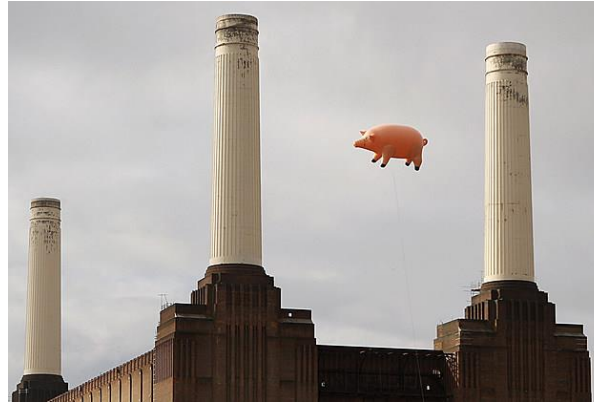
DESTRESS = AWARENESS + BREATHING

- Multiple lawyered mind/brain feedback loops do not allow you to manage anything
 - drain energy
 - hijack controls
- Loop is built on two drivers:
 - igniting mind games
 - mostly victimization
 - chain of physiological reactions and signals
 - eg noradrenalin to pulse
- To cool down the loop
 - recognize it for tension-relaxation-breathing
 - **overlaps physiological pattern**
 - align yourself with goals and values
 - **suppress igniting mind games**
 - **short-term tool: personal anchoring**
 - **long-term tool: meditation**

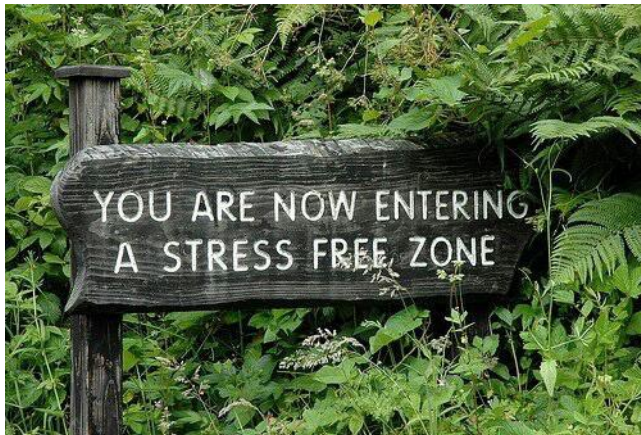


PERSONAL ANCHORING

- Good sleep
- Good walk
- Old music
- Visualizations
- Cats and dogs
- Mandala painting
- Social approval



#56921769



TAKE TIME TO TAKE A BREAK	🕒	🧑🧑🧑	★	FREE FOOD	🍴
DE-STRESS FEST					
🔊	🧠	PET A PUPPY	🐾	YOGA	
#GLOatUNO END OF YEAR BASH	🍷	COLORING + PLAY-DOH	🎤	🧘	