

LEADERSHIP FOR INNOVATORS

EQ: SELF-CONTROL. STRESS MANAGEMENT.

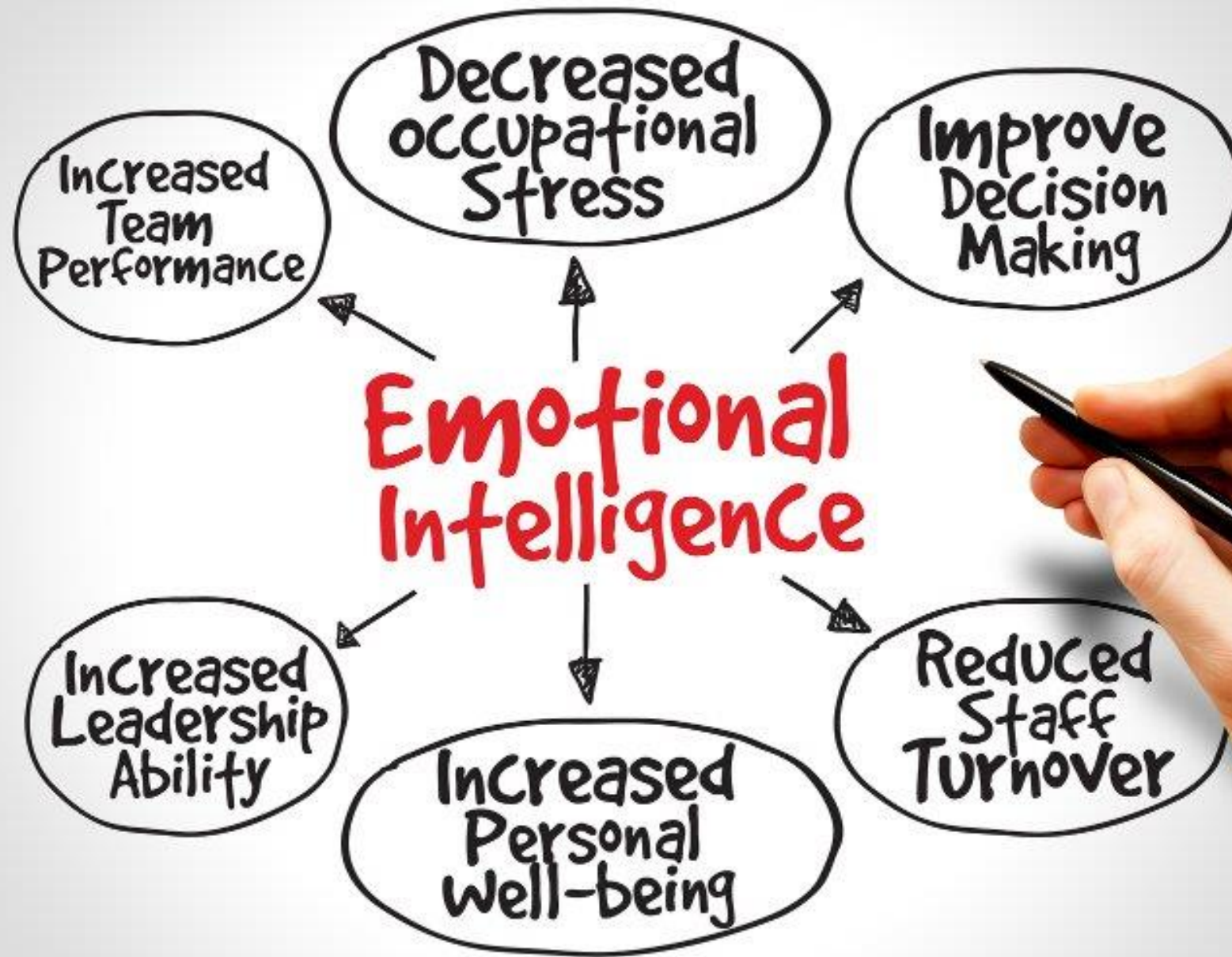
October 12, 2021

Skoltech

Professor Maxim Kiselev, CEI









Empathy

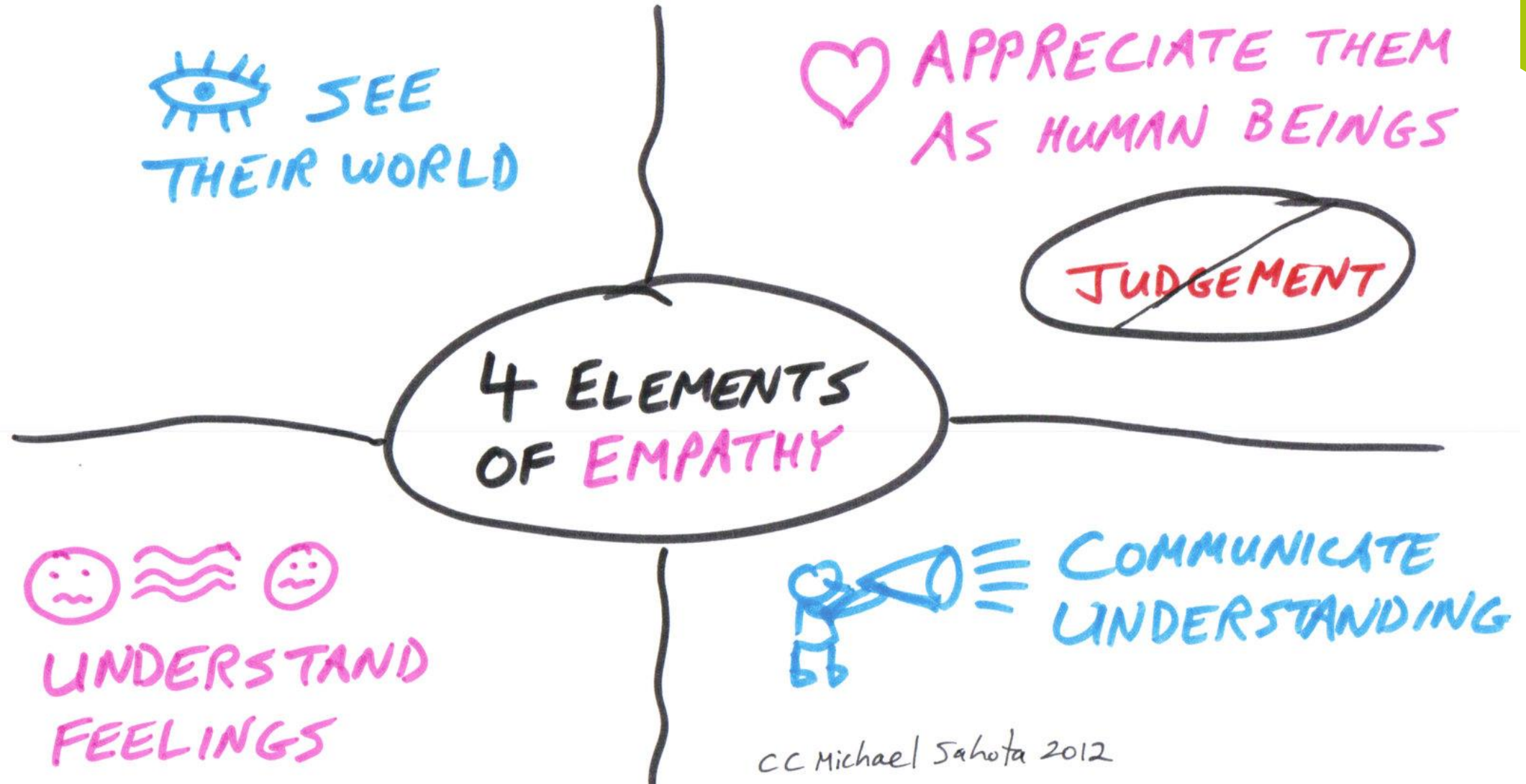
Self-Control

Stress: The Basics

Stress-Management: Stress without Distress



EMPATHY



What stops Empathy?

Fix it: “What will help is....”

Advise: “I think you should.....”

Being Right - Correcting: “That’s not how it was.....”

Taking the Blame: “Sorry, I wish...

Interrogate: “How did it happen?”

Explain: “She said that because...”

Shut Down: “Don’t worry about it.”

Sympathize: “You poor thing. I feel awful for you.”

Evaluate: “If you hadn’t been so rude...”

Console: “It wasn’t your fault”

One Up: “You should hear what happened to....

Educate: “You can learn from this...”

TOOLS FOR LEADERS: STRESS MANAGEMENT



What Is Stress?

→ ***IS A PART OF EVERYDAY LIFE***

→ ***IS NECESSARY***

***TIME, MONEY, AND RELATIONSHIPS ENSURE THAT
STRESS WILL ALWAYS BE WITH US***

STRESS

→ DOES NOT HAVE TO BE NEGATIVE OR OVERWHELMING



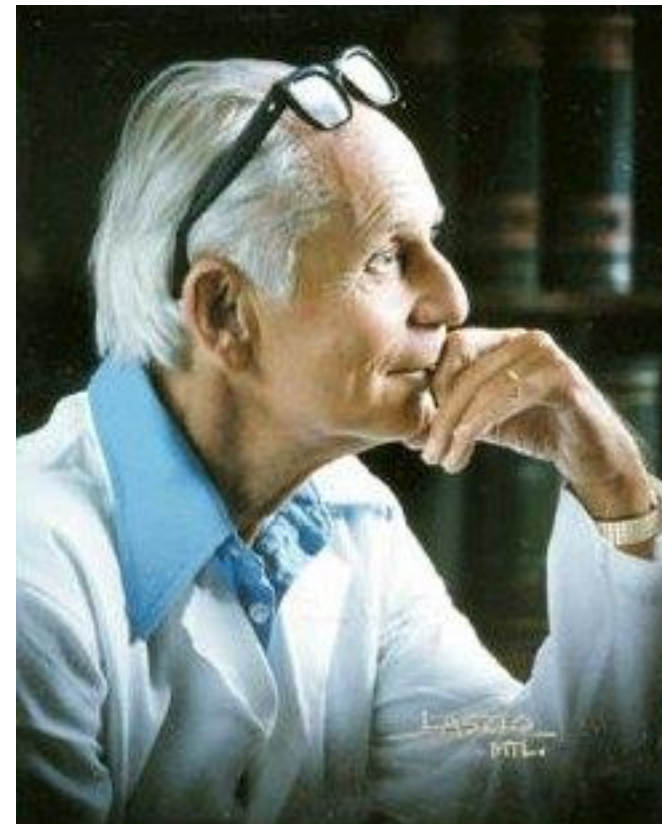
Vocabulary

- **Stress**
- **Perception**
- **Stressor**
- **Psychosomatic response**
- **Chronic Stress**

DEFINITION:

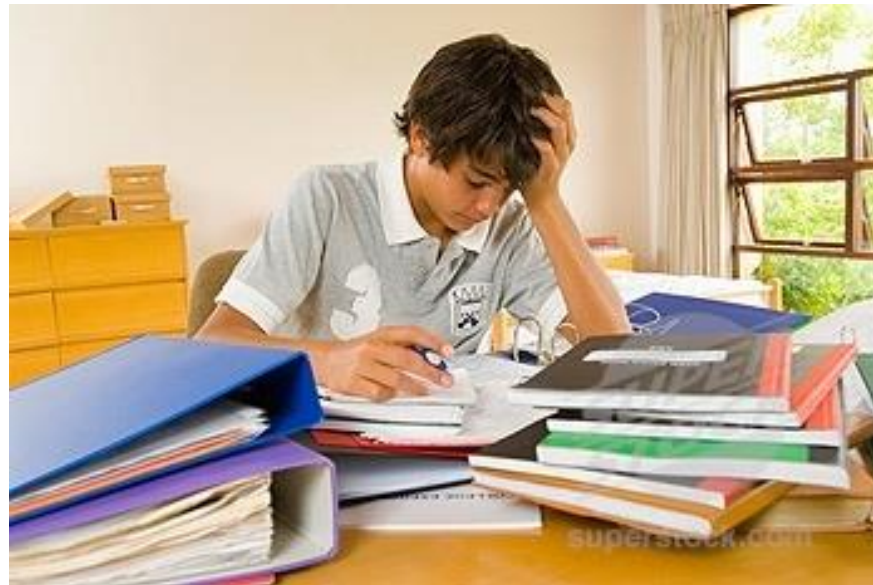
THE NON-SPECIFIC RESPONSE OF THE BODY TO ANY DEMAND

Hans Selye, MD



Stress

→ **Stress is the reaction of the body and mind to everyday challenges and demands.**



Stress

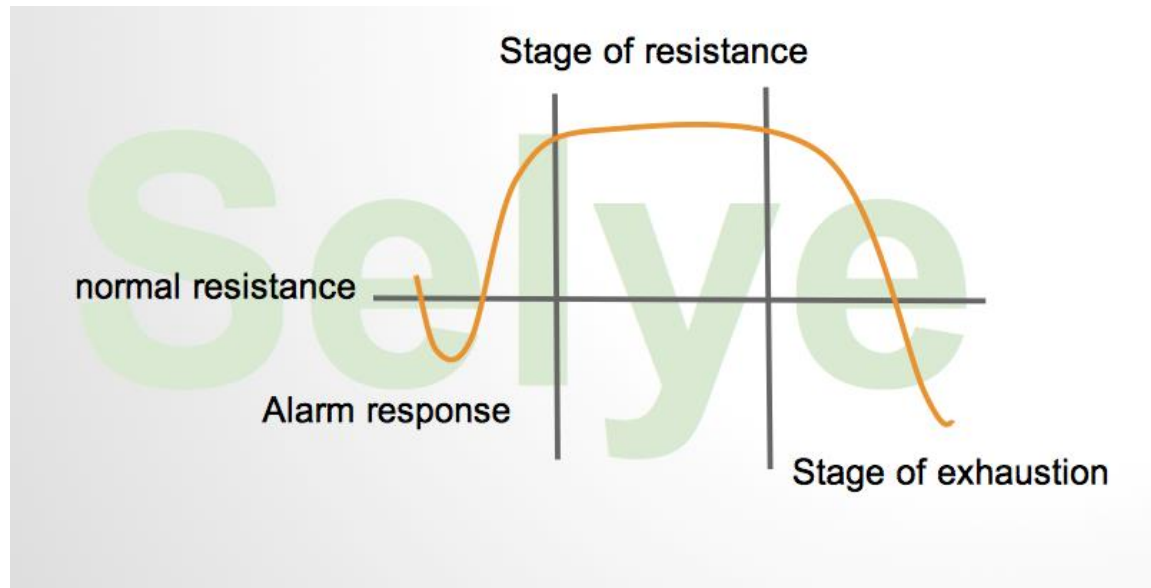
→ **Everyone experiences stress – it's a natural part of life.**



General Adaptation Syndrome

DR. HANS SELYE WROTE:

“...STRESS IS ESSENTIALLY REFLECTED BY THE RATE OF ALL THE WEAR AND TEAR CAUSED BY LIFE.”



STRESS MANAGEMENT

WHAT DOES THAT MEAN TO US?

→ ***IT DOES NOT MATTER IF THE STRESSOR IS PLEASANT OR UNPLEASANT, OR THE RESULTS ARE GOOD OR BAD***



Stress Can be Good?

- Stress can help you perform better
- Act as a motivator
- Provide extra energy



The Body's Stress Response

- When you **perceive a situation to be a threat** your **body begins the stress response**.
- The response occurs in three stages
 - **Alarm**
 - **Resistance**
 - **Fatigue**

What Causes Stress?

→ **Stressor is anything that causes stress.**



STRESS MANAGEMENT

NOT ALL STRESS IS NEGATIVE

EUSTRESS: POSITIVE STRESS

RESULTS FROM EXHILARATING EXPERIENCES:

WINNING THE LOTTERY

UNEXPECTED PROMOTION

AWARD

MARRIAGE

STRESS MANAGEMENT

OUR RESPONSE TO STRESS:

IS THE AUTOMATIC STATE THAT RESULTS WHEN THE BODY ATTEMPTS TO MAKE CHANGES IN ORDER TO ADAPT TO ANY DEMAND

STRESS MANAGEMENT

DISTRESS

Is a maladaptive reaction to stress, failure of coping with stress

