

Strategies to Manage Stress & Change



- **Stress Model**

- Situation Analysis → Self Analysis → Problem Analysis → Problem solving → Consequences → Strategy Selection

- **3 C's**

- Commitment, Control, Challenge

- **Have a full & exciting life outside of work.**

- **3 P's**

- Perspective, Prioritize, Permission

- **Respond, don't react.**

- **We feel the way we think.**

- Positive attitude; Examine and disempower toxic beliefs.

- **Assess & Reassess your expectations.**

- **Reassess your life.**

- Live with your goals & values in mind.



- **Managing Change**

- Think globally

- Assess & Reassess

- Recognize reality (change your paradigm)

- Start small

- Reframe the change

- Don't give your power away

- Focus on what you can control

- Balance the change with the stable part of your life

- Take good care of yourself mentally, physically, and emotionally

