

Stress is harmful
and should be
avoided.

Stress is positive
and should be
embraced.

“Did you experience a great deal of stress yesterday?”

stress index



Ng, Diener, Aurora, & Harter 2009;
Tay, Diener, Drasgow, & Vermunt 2011



joy



laughter



learning



love

“I consider my life
to be meaningful.”

Baumeister, Vohs, Aaker, & Garbinsky 2013
U.S. National Sample, age 18-78

Resilience: A Silver Lining to Experiencing Adverse Life Events?

Mark D. Seery

University at Buffalo, The State University of New York

Current Directions in Psychological Science
20(6) 390–394
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DOI: 10.1177/0963721411424740

From Tribulations to Appreciation: Experiencing Adversity in the Past Predicts Greater Savoring in the Present

Alyssa Croft¹, Elizabeth W. Dunn¹, and Jordi Quoidbach²

Social Psychological and Personality Science
2014, Vol. 5(5) 511–516

What doesn't kill me. . . : Adversity-related experiences are vital in the development of superior Olympic performance

Mustafa Sarkar^{a,b,*}, David Fletcher^b, Daniel J. Brown^c

^a School of Sport and Exercise, University of Gloucestershire, United Kingdom

Journal of Science and Medicine in Sport

Volume 18, Issue 4, July 2015, Pages 475–479

A Developmentally Informed Perspective on the Relation Between Stress and Psychopathology: When the Problem With Stress Is That There Is Not Enough

Richard T. Liu
Alpert Medical School of Brown University

Journal of Abnormal Psychology
2015, Vol. 124, No. 1, 80–92



Don Joseph Goewey ♥ Become a fan



Author of *The End of Stress*, *4 Steps to Rewire Your Brain*, and the Managing Partner of ProAttitude, a human performance firm focused on ending work stress.

7 Ways Stress Ruins Your Life

STRESS FREE KIDS®

A Parent's Guide to Helping Build Self-Esteem, Manage Stress, and Reduce Anxiety in Children

LORI LITE, founder of Stress Free Kids®

Stress Free for Good

10 Scientifically Proven Life Skills for Health and Happiness

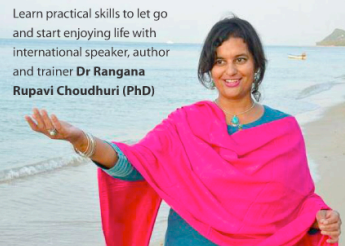


Dr. Fred Luskin and Dr. Kenneth R. Pelletier
Foreword by Dr. Andrew Weil

HarperCollins Publishers

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FREEDOM from stress



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Charles Linden
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"Anyone suffering from high anxiety or panic really should use The Linden Method: it really helped us become sane." Jodie Kidd



What is your stress mindset?

- Stress is negative and should be avoided.
 - Stress depletes my vitality.
 - Stress impairs my performance.
 - Stress inhibits my learning.
- 
- Stress is positive and should be utilized.
 - Stress improves my vitality.
 - Stress enhances my performance.
 - Stress facilitates my learning.

stress



burnout



In the past year, have you experienced:

43%

- a) relatively little stress
- b) a moderate amount of stress
- c) a lot of stress

182,000 deaths

the **stress mindset** effect

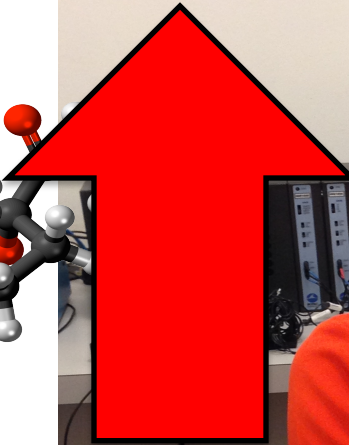
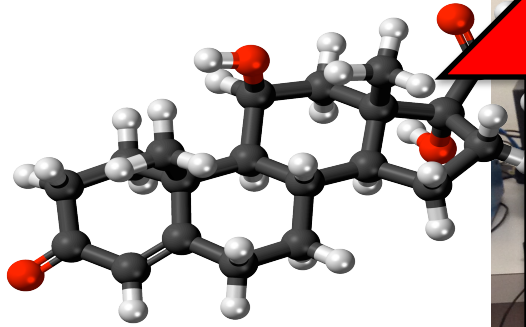
“Stress is **debilitating**” or

“Stress is **enhancing**”

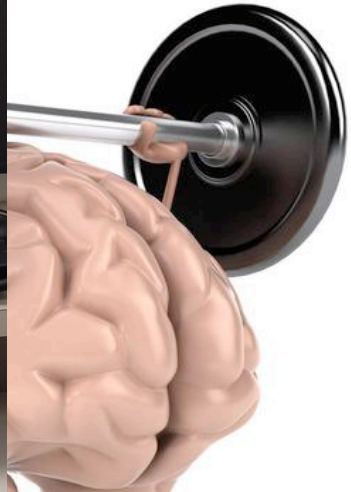


Crum et al 2015
Columbia University

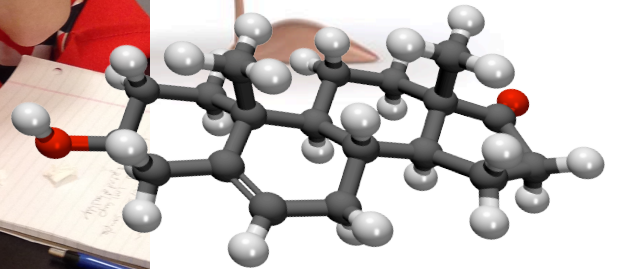
cortisol



growth
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DHEA



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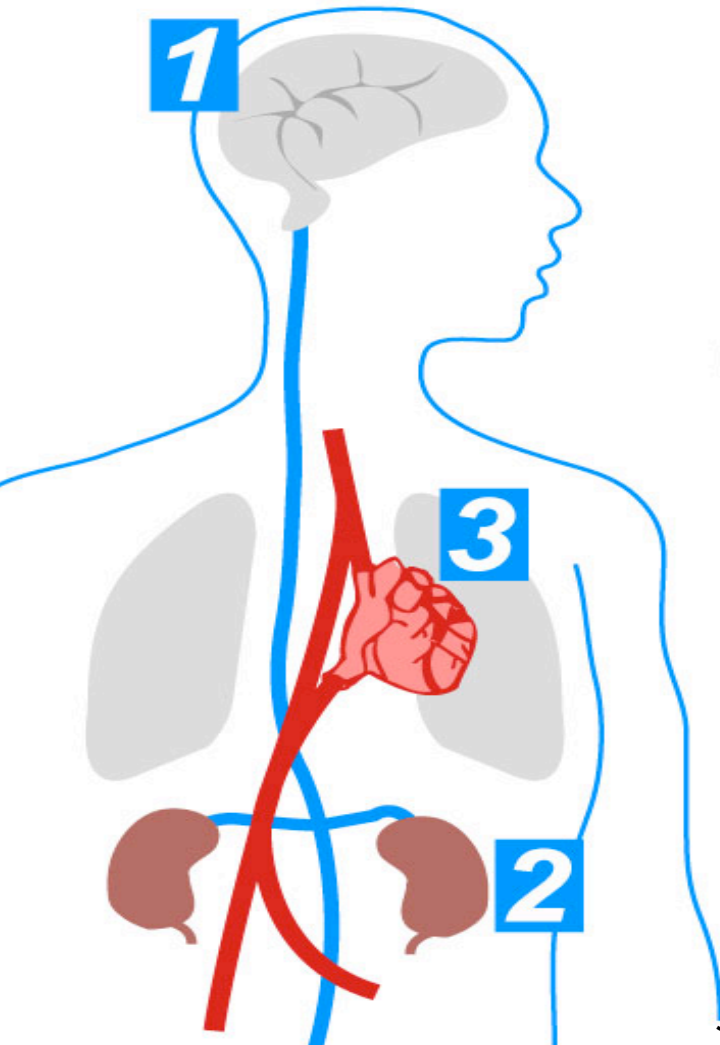


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3 mindset resets to transform stress

1. View stress as **energy**.
2. Focus on the **meaning**.
3. Choose the courage to **grow**.

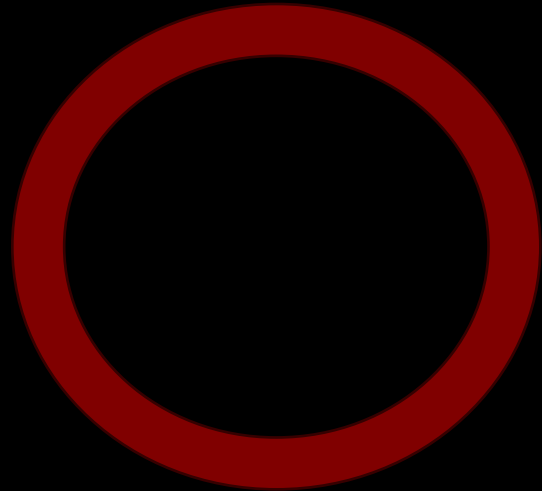
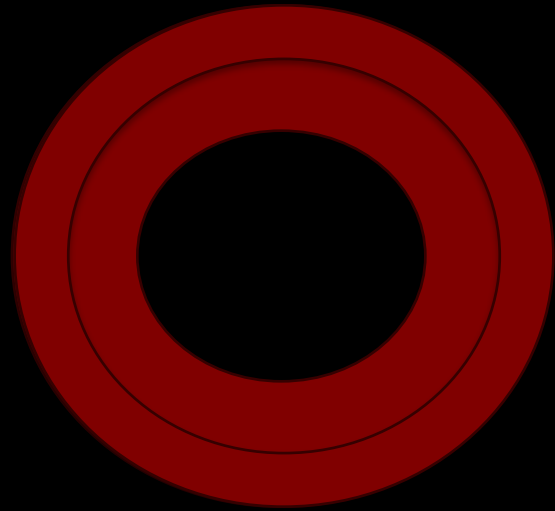
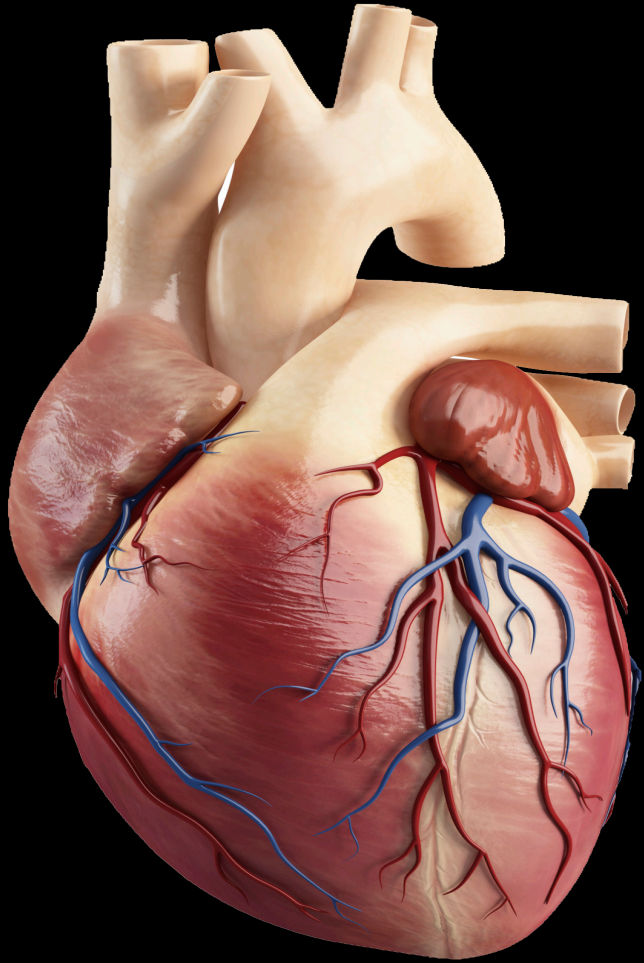


*“Remind yourself that
your **stress could be
helping you.**”*

John-Henderson et al 2015, *UC Berkeley*
Jamieson, Nock, & Mendes 2012, *Harvard University*

challenge



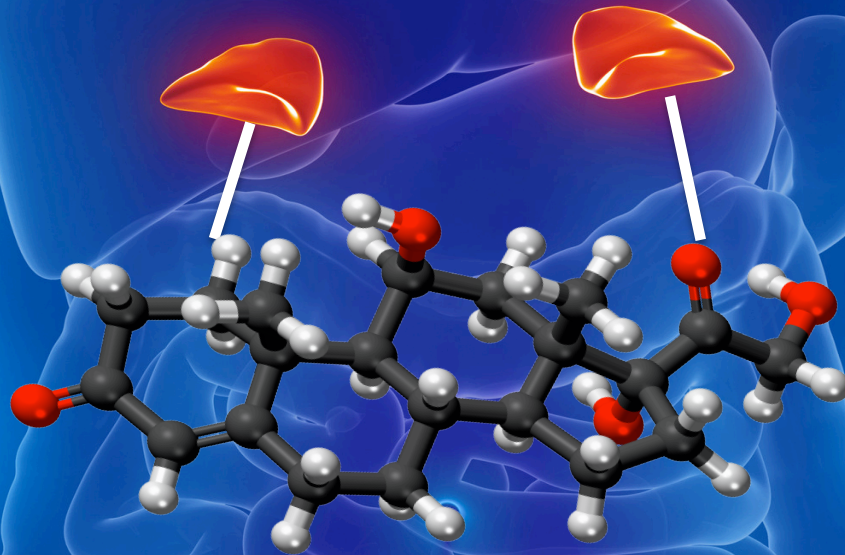




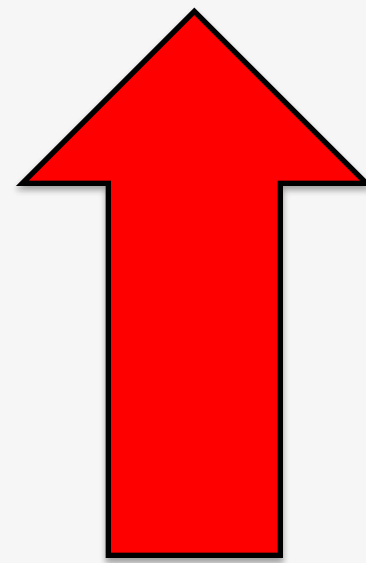
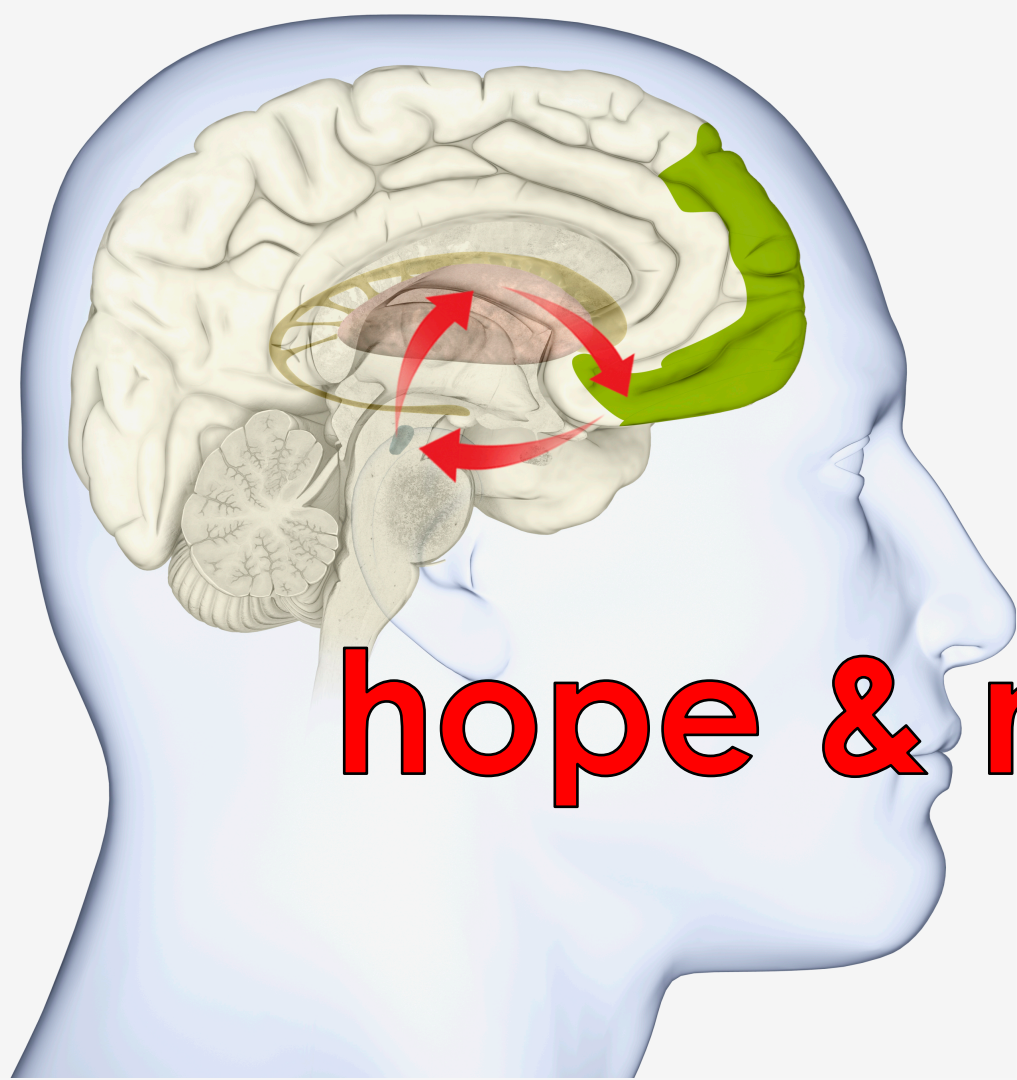
Why does this matter?

Abelson, Erickson, Mayer, Crocker et al. 2014
Ohio State University & University of Michigan

cortisol




threat



hope & motivation

connection inspiration





“For the next two minutes, try to think of the experience as an opportunity to grow, learn, or become stronger.

Think of benefits you may have gained from the experience.”

vanOyen Witvliet et al. 2010
Hope College



HRV

gratitude

resilience

How to embrace stress

1. **Notice and accept stress** as a part of being alive and being human.
2. **Connect to the meaning that stress signals.** What (goals, values, roles, relationships, communities) do I care about?
3. **Channel the energy of stress.** What can I do? How can this moment be a catalyst?
4. **Find the courage to grow from stress.** What is the opportunity, lesson, or possibility?

How mindsets spread: stress
climates



supervisor mindset & stress climate



LePine, Zhang, Rich, & Crawford 2015
W. P. Carey School of Business, Arizona State University

STRESS IS A LOADED GUN.

If left untreated, stress can kill you just as surely as a bullet.

Don't wait for the gun to go off—get help today.



5 WAYS TO REDUCE STRESS AT WORK

1. CREATE AN OASIS

In today's business environments, you must be available 24/7 that generates oodles of stress, so shut down your computer and your cell-not just while you sleep, but also an hour before and after you sleep.

2. FIND THE "SWEET SPOTS"

Having a overlong to-do list can be a huge source of stress, because it feels like you can never get them those tasks completed. So, categorize each task by difficulty (easy, medium, hard) and then by potential impact (large, medium, small). You'll probably find tasks that are both easy and with large impact. Hit those "sweet spots" first.

3. TURN-OFF THE NEWS

The news media produce strong emotions in its audience that are almost exclusively negative, adding more stress to your stress. Turn-off the news if you are in the middle of something important, that requires all your concentration.

4. DISCONNECT FROM THE UNCONTROLLABLE

There are always events that you simply can't control: the economy, traffic, politics, other people's emotions, and so forth. Worrying about stuff you can't control isn't going to make a difference. It's wasted energy and extra stress you don't need.

5. AVOID STRESSED PEOPLE

You may not realize it, but your physiology is programmed to mirror the physiology of the people around you. In other words, you can "catch" stress from other people. So although it may not be possible to avoid stressed people all the time, you should try, to limit your contact with such people, at least until you've conquered your own stress.

What really helps people thrive?

AUTHOR OF THE INTERNATIONAL BESTSELLER THE WILLPOWER INSTINCT

KELLY MCGONIGAL, PH.D.

**THE
UPSIDE
OF
STRESS**

**WHY STRESS IS GOOD FOR YOU,
and HOW TO GET GOOD AT IT**

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