

Stress Proof Your Life

Presented By:

Bob Tschannen-Moran

LifeTrek Coaching International

Coach@LifeTrekCoaching.com

<http://www.LifeTrekCoaching.com>

Download: <http://www.SchoolTransformation.com>

Stress Test

- Scientific study at St. Mary's Hospital
- Two identical dolphins jumping out of the water
- The more stress you are under, the more differences you will notice
- How many differences do you notice?

Stress Test



© 2010 • Bob Tschannen-Moran • <http://www.LifeTrekCoaching.com>

What is Stress?

- Stress is:
- Life without Stress would be:

What is Stress?

Stimulation



Overload **Underload**

What is Stress?

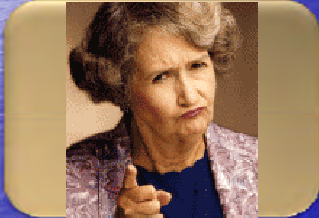
Stimulation




Acute **Chronic**

What is Stress?

Stimulation




Assigned



Chosen

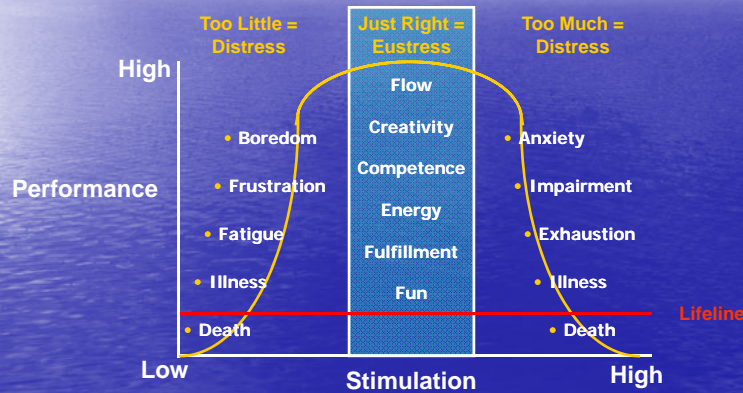
Instant Stress Relief

October 13, 2010



© 2011 • Bob Tschannen-Moran • <http://www.LifeTrekCoaching.com>

What is Healthy Stress?



Adapted from *The Stress Management Sourcebook* by J. Barton Cunningham, © 1997,1998

Top 10 Causes of Workplace Stress

10. Overload / Underload
9. Random interruptions
8. Pervasive uncertainty
7. Mistrust, unfairness & office politics
6. Unclear policies & no sense of direction
5. Career & job ambiguity
4. No feedback – good or bad
3. No appreciation
2. Lack of communications
1. Lack of control

Source: The Global Business and Economic Roundtable on Addiction and Mental Health

Impact of Stress On Health

- Suppression of Immune System
- Sticky Blood Platelets
- Slower Wound Healing
- Constricting Major Blood Vessels
- Increased Risk Of:
 - Cardiovascular Disease
 - High Blood Pressure
 - Cancer
 - Illness & Chronic Disease
 - Asthma
 - Gastrointestinal Disorders

Real Stress Scales

- Major Life Events
- Symptoms
 - Physical
 - Behavioral
 - Emotional
 - Cognitive
- Annoyances
- Physical Worries

Paired Interviews

- Think of a number between 0 and 10 that describes how much stress you are under right now.
- Why did you pick that number?
- How do you feel about that number?
- Why did you not pick a higher number?
- What would make it the perfect number for you?

Stress Proofing Essentials

- R&D Protection: Mindset
- Visible Protection: Routines
- Invisible Protection: Empathy
- Environmental Protection: Conditions

The R&D Mindset

- Action Learning
- Scientific Method
- Trial & Correction
- Fixed vs. Growth (*Dweck*)

The Routine Advantage

“The secret of your future is hidden in your daily routines.”

Routines vs. Ruts

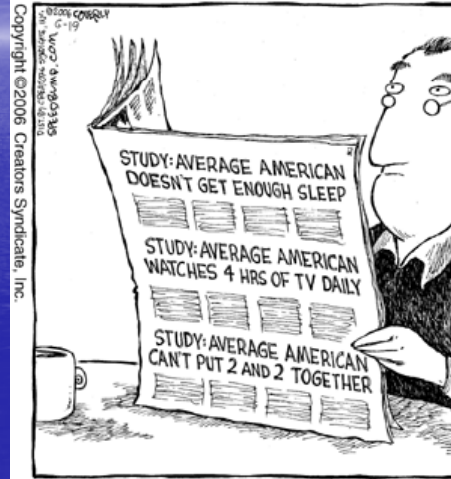
- Chosen vs. Random
- Satisfying vs. Boring
- Life-Enriching vs. Life-Depleting
- Important vs. Mundane
- Spiraling Up vs. Going Nowhere

Rejuvenating Routines

1. Sleep
2. Diet
3. Exercise
4. Relaxation

Sleep Routines

- Regularity
- Preparation
- Melatonin
- 90-Minute Cycles

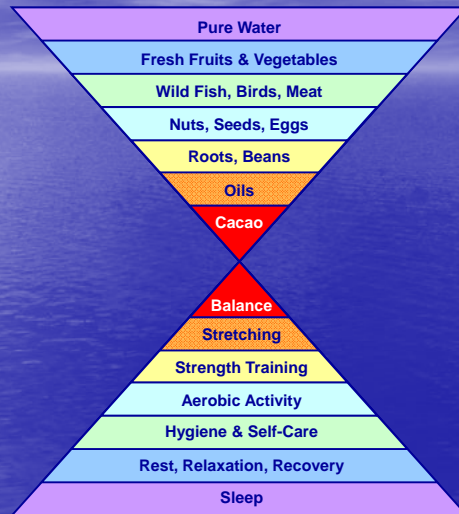


Finding Time



© Scott Adams, Inc./Dist. by UFS, Inc.

Evolutionary Wisdom



Relaxation Routines

- Breathing (4 - 7 - 8 Pattern)
- Mindfulness (Meditation, S.T.O.P.)
- Affirmations (Mantra, Phrase, Prayer)
- Visualizations (Guided Imagery)
- Creative Writing (Morning Pages, Journals)
- Progressive Muscle Relaxation
- Touching (Massage, Baths, Intimacy)
- Gentle Movement (Walking, Yoga, Tai Chi)
- Recreation (Laughter, Hobbies, Vacations)
- Biofeedback (e-Tools, Stethoscope)

Everything's Amazing

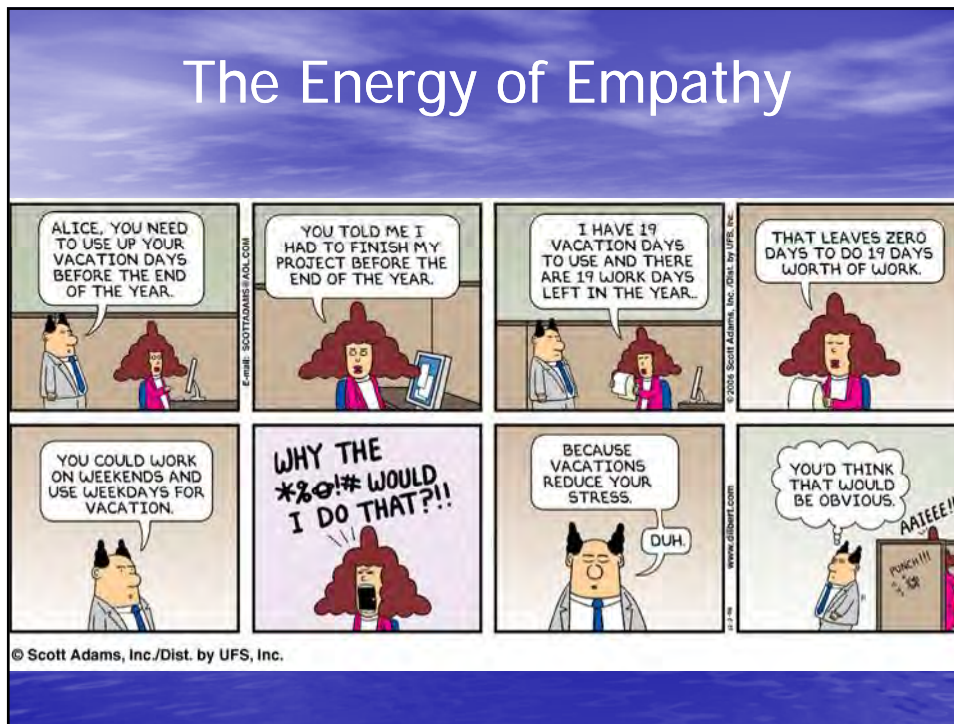


Simple Breathing Routine

- Sit Up Straight
- Place Tongue Just Behind Front Teeth
- Follow Rhythmic 4-7-8 Breathing Pattern
 - In through Nose (Count of 4)
 - Hold (Count of 7)
 - Out through Mouth (Count of 8)
- Repeat Four Times

Adapted from **Breathing** by Andrew Weil, © 2001

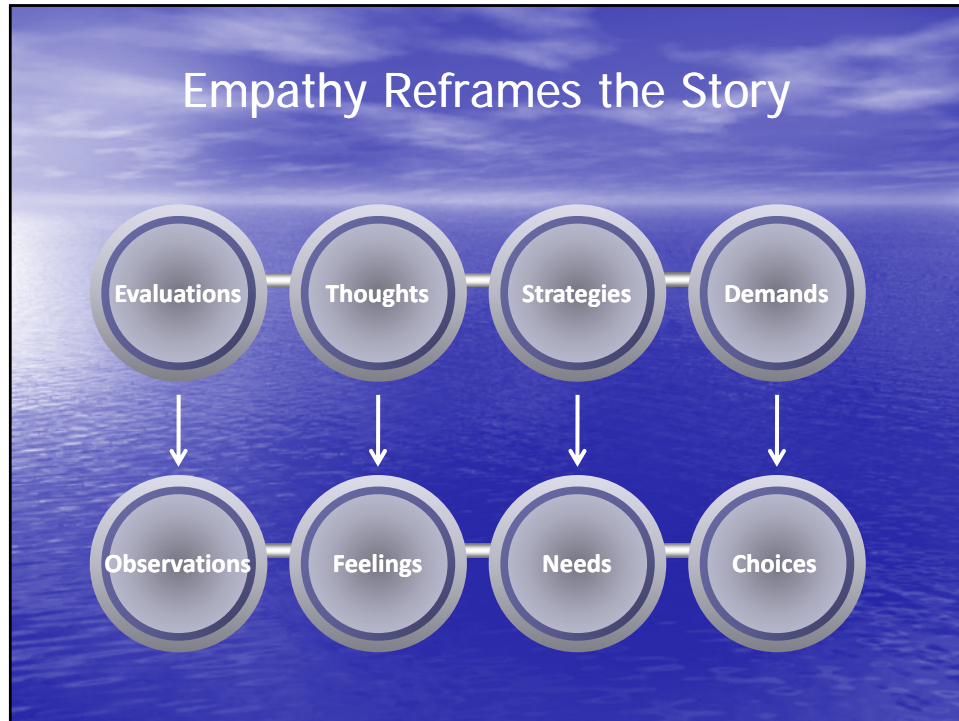
© 2010 • Bob Tschannen-Moran • <http://www.LifeTrekCoaching.com>



Opportunities for Empathy

10. Overload / Underload
9. Random interruptions
8. Pervasive uncertainty
7. Mistrust, unfairness & office politics
6. Unclear policies & no sense of direction
5. Career & job ambiguity
4. No feedback – good or bad
3. No appreciation
2. Lack of communications
1. Lack of control

Source: The Global Business and Economic Roundtable on Addiction and Mental Health



Reframing Exercise

- Think of something you should not have done or something you should do
- Write it down succinctly, starting with:
 - “I should not have ...” or
 - “I should ...”
- Now, in front of what you wrote down, add the words:

I'm telling myself that,

The Environmental Edge

“In the contest between environments and will-power, environments always win.”

– Thomas Leonard



Stress-Proofing Steps

- Inform (*Our Needs*)
- Request (*Our Strategies*)
- Assert (*Our Boundaries*)
- Leave (*Our Settings*)

Rejuvenating Conditions

- Support our values and purpose
- Improve our performance
- Reduce the need for will-power
- Balance overload and underload
- Pull us forward
- Make life fun
- Evolve over time

Chilean Stress Relief



Stress Test



Stress Proof Your Life

Presented By:

Bob Tschannen-Moran

LifeTrek Coaching International

Coach@LifeTrekCoaching.com

<http://www.LifeTrekCoaching.com>

Download: <http://www.SchoolTransformation.com>