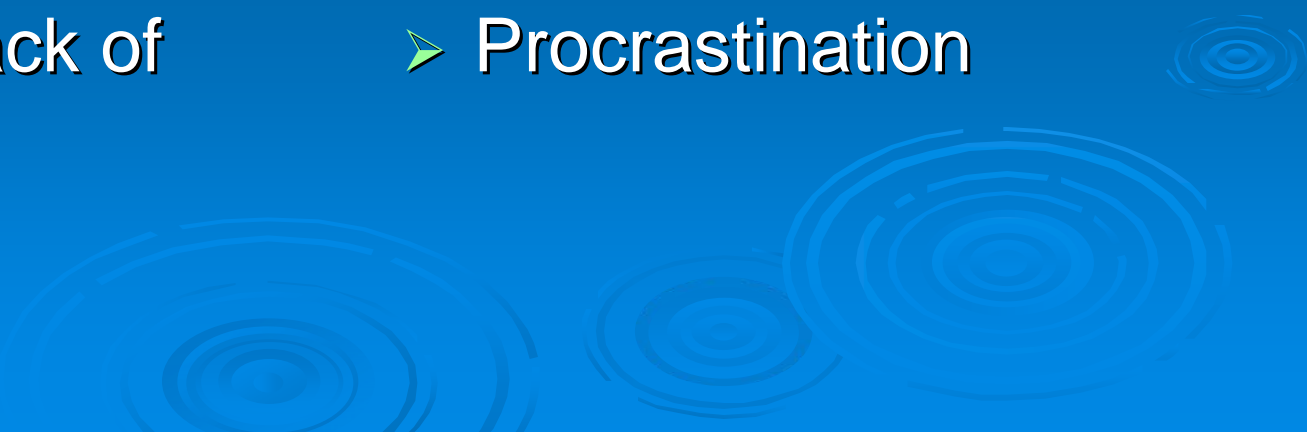


THE CHALLENGE OF STRESS

Proverbs 16:32



HOT BUTTONS

- Disrespect
 - Contdescension
 - Apathy
 - Sarcasm
 - Insults
 - Incompetence
 - Hesitation/lack of initiative
 - Screaming
 - Inconsiderateness
 - Signaling behaviors
 - Tardiness
 - Lying
 - Disorganization
 - Procrastination
- 
- The background of the slide features several concentric, light blue circular ripples that resemble water droplets hitting a surface, scattered across the lower half of the frame.

BEHAVIORAL CHANGE MODEL

THINK

FEEL


BEHAVE



OUTCOMES

- People and circumstances do not cause your feelings (Fred Pryor Seminars).
- We control our own feelings: $E + R = O$.
 - Successful people focus on what they can control (feelings, attitudes, behaviors).
 - Victims focus on what they cannot control.

FOUR PARTS OF ANY EXPERIENCE

- The event (what happened).
 - Meaning/interpretation (thinking).
 - Feeling/emotion.
 - Behavioral response.
- 

KEYS TO MANAGING STRESS

- BE ASSERTIVE
- RECOGNIZE IRRATIONAL THINKING
- MANAGE EMOTIONS



KEYS TO MANANGING STRESS

➤ BE ASSERTIVE

➤ GIVE YOU CHOICE
AND CONTROL

➤ APPLY:

- AT HOME

- AT WORK

- AT CHURCH

➤ BENEFITS

KEYS TO MANAGING STRESS

- RECOGNIZE IRRATIONAL THINKING
 - DEMANDINGNESS
 - AWFULIZING
 - I CAN'T STAND IT-IT IS
 - CONDEMNING

KEYS TO MANANGING STRESS

- MANAGE EMOTIONS
 - NEGATIVE EMOTIONS
 - NEGATIVE EMOTIONAL RESPONSES
 - HEALTHY EMOTIONAL RESPONSES
 - COSTS OF NEGATIVE EMOTIONS
 - PAYOFFS OF NEGATIVE EMOTIONS

GIVING AND RECEIVING FEEDBACK

GIVING FEEDBACK

- SELF TEST: “WHY AM I GIVING THIS FEEDBACK?”
- E-P-M
 - EMPATHIZE
 - PINPOINT THE PROBLEM
 - MOVE FORWARD

RECEIVING FEEDBACK

- AAAA
 - ANTICIPATE
 - ASK QUESTIONS
 - AGREE
 - ANALYZE