

GAIN THE DAY – CONTROL PRESSURE WHEN DEMANDS EXCEED
RESOURCES (your life could depend on it)

Presenter: Jeanne E. Sexson

www.jesexsonenterprises.com

Stress: a state of mental or emotional strain, tension and/or pressure resulting from adverse or very demanding circumstances.

Stressors: anything causing body to react - psychologically and physically.

Expectations:

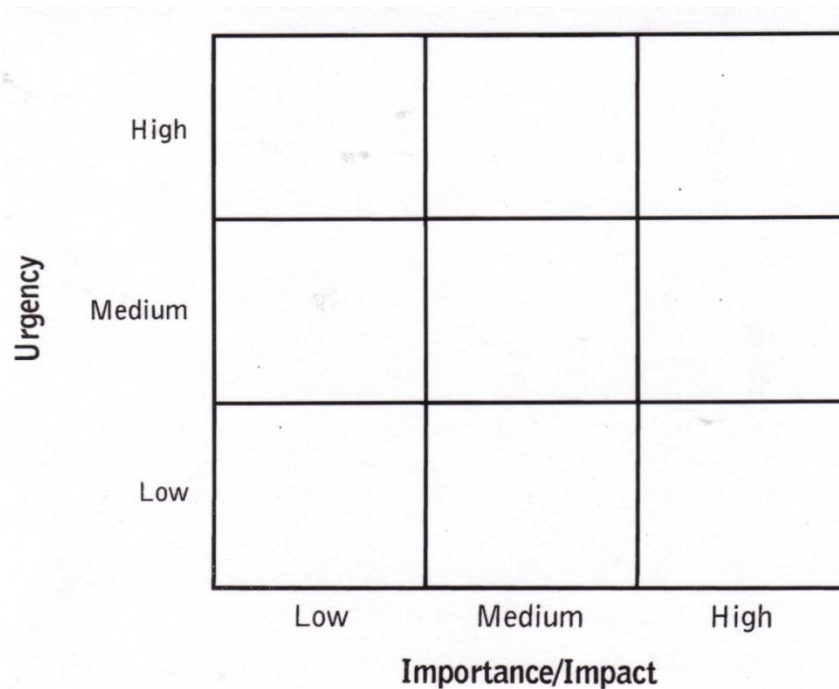
- Ones others have about you
- Ones you have about others
- Ones you have about yourself

10 counterproductive core beliefs:

- 1) I must have everyone's support, approval, liking, or respect.
- 2) I must be unfailingly competent and almost perfect in everything I do because I base my self-worth on my achievements.
- 3) People, including me, deserve to be blamed and punished for their mistakes or wrongdoing.
- 4) It's awful when things or people aren't the way I want them to be.
- 5) I have little control over my unhappiness or any other emotional disturbances. It's all caused by other people or events. If only they would change, everything would be all right.
- 6) If there's a possibility that something bad or dangerous could happen, I have to worry about it.
- 7) It's easier to avoid life's difficulties and responsibilities by putting them off than it is to face them.
- 8) I need someone stronger than myself to rely on.
- 9) Since I am the product of my past, there is little I can do to change myself.
- 10) There is a perfect solution to every problem, I must always have it and be in control.

How to establish a “control module” for prioritizing:

- 1) Make a list of what needs to be prioritized.
- 2) Using the grid below, decide what is most important to least important.
- 3) Stay flexible and be prepared to reprioritize.



TAKE CONTROL – Change negative self-talk into positives for greater resiliency

- * Change the way you get out of bed each morning.
- * Put off any negative thoughts, negative actions or negative self talk for at least the first thirty minutes each morning.
- * Use the last few minutes before falling asleep reviewing what went well that day and what you have to be grateful for (what could have happened but didn't).
- * Make a list of your ten most frequently used negative phrases (self talk or that which you say to other people). Rewrite them in a positive way, in the present tense. Put them in obvious places (refrigerator, bathroom mirror, etc.)
- * Choose a quote that is powerful for you. One that makes you feel strong to think about it. Carry it with you. When you start sliding downward, take it out and reread it - slowly and at least seven times.

Specific techniques for managing pressure/ stress

Work in the "now".

Take each situation as it comes.

Take a breath before saying something.

Leave work at work and home issues at home.

Don't take all things as a personal attack.

Walk away from people speaking negatively.

Don't let people write you into their soap opera.

Deal with facts.

Focus on solutions vs. the problem.

Evaluate criticism.

Keep expectations realistic.

Mentally rehearse potentially stressful situations.

Cocoon:

A man found a cocoon of a butterfly.

One day a small opening appeared. He sat and watched the butterfly for several hours as it struggled to force its body through that little hole.

Then it seemed to stop making any progress. It appeared as if it had gotten as far as it could, and it could go no further.

So the man decided to help the butterfly. He took a pair of scissors and snipped off the remaining bit of the cocoon. The butterfly then emerged easily.

The man continued to watch the butterfly, because he expected that at any moment the wings would enlarge and expand to be able to support the body which would contract in time.

Neither happened! In fact, the butterfly spent the rest of its life crawling around with a swollen body and shriveled wings. It never was able to fly.

What the man in his kindness and haste did not understand was that the restricting cocoon and the struggle required for the butterfly to get through the tiny opening were life's way of forcing fluid from the body of the butterfly into its wings, so that it would be ready for flight once it achieved its freedom from the cocoon.

Sometimes struggles are exactly what we need in our lives. If we went through our lives without any obstacles, it would cripple us. We would not be as strong as what we could have been. We could never fly!