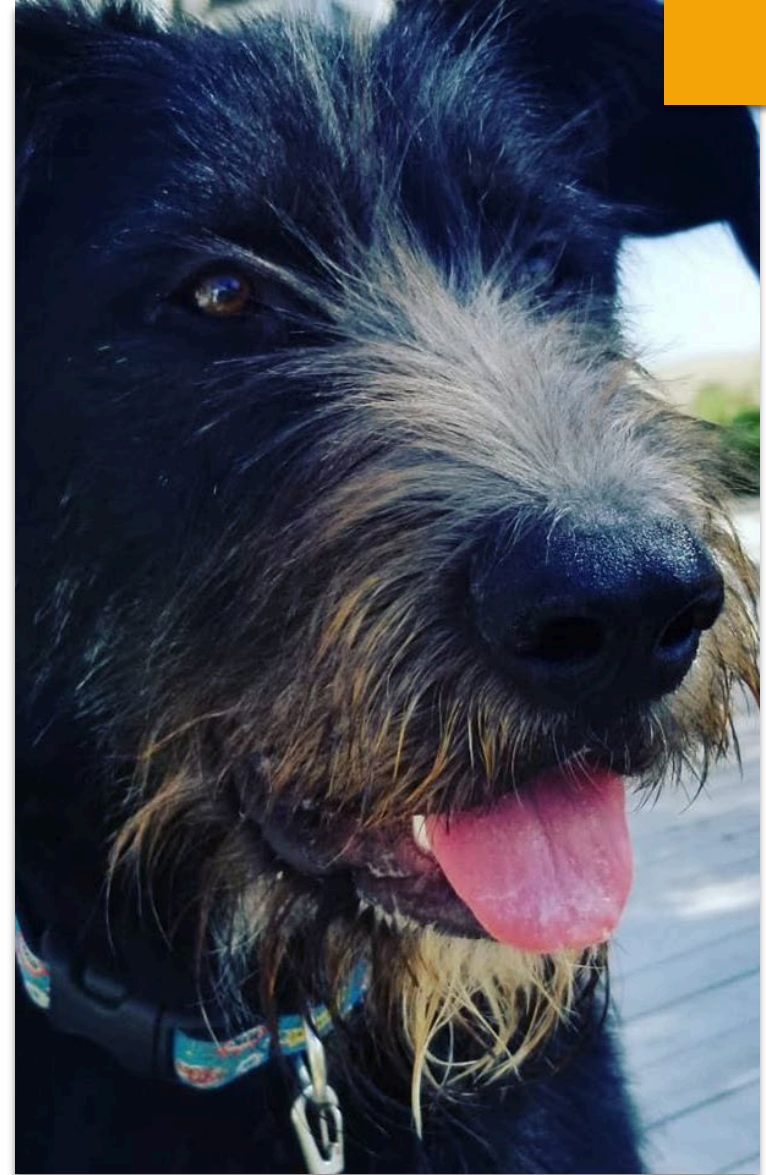




Becoming Resilient: Managing Stress Before  
It Manages You

# Becoming Resilient

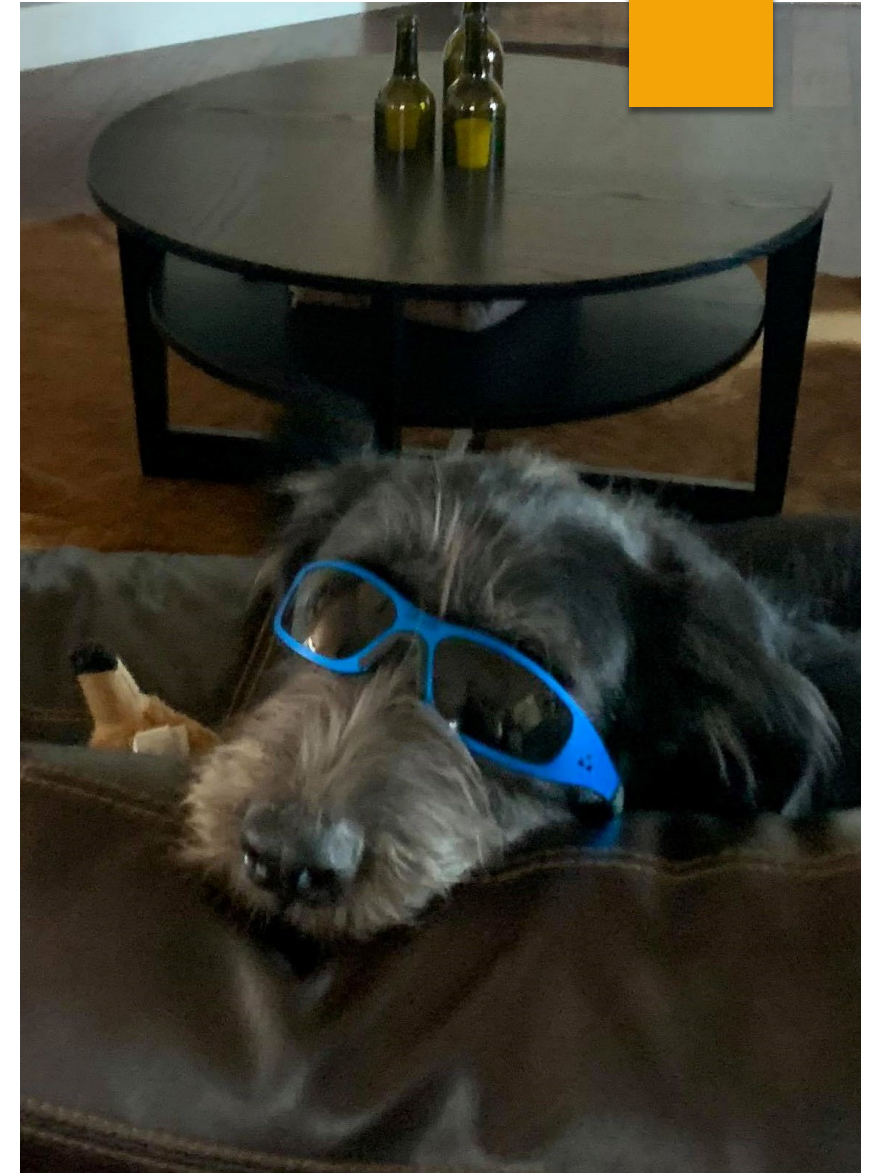
- ▶ WHAT IS STRESS?
- ▶ WHAT PERSONAL CHARACTERISTICS ARMOR ME AGAINST CHRONIC STRESS?
- ▶ WHAT STRATEGIES CAN I USE TO STOP CHRONIC STRESS?





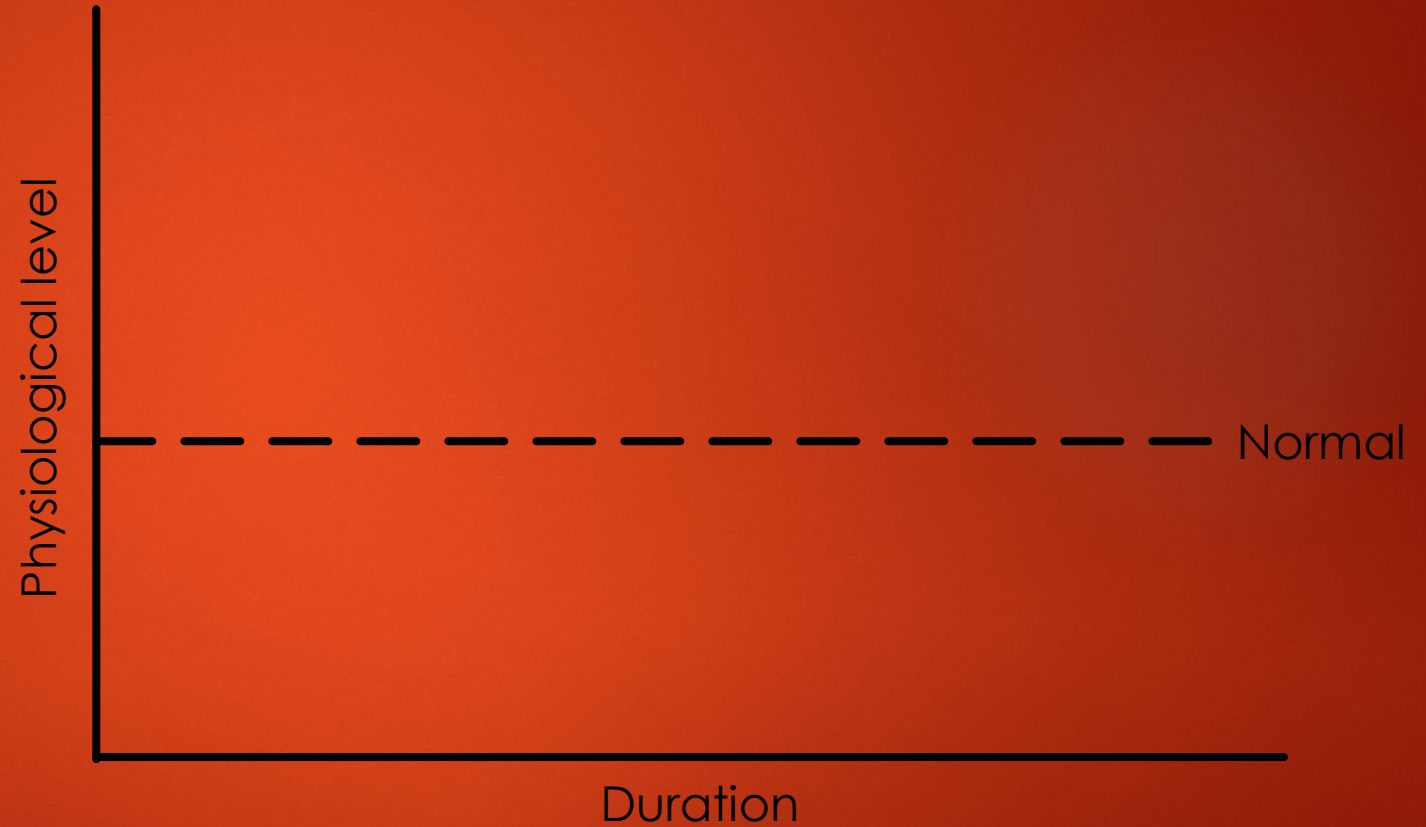
# Becoming Resilient

- ▶ WHAT IS STRESS?
- ▶ AUTONOMIC NERVOUS SYSTEM AND THE FIGHT OR FLIGHT RESPONSE
- ▶ SUDDEN STRESS

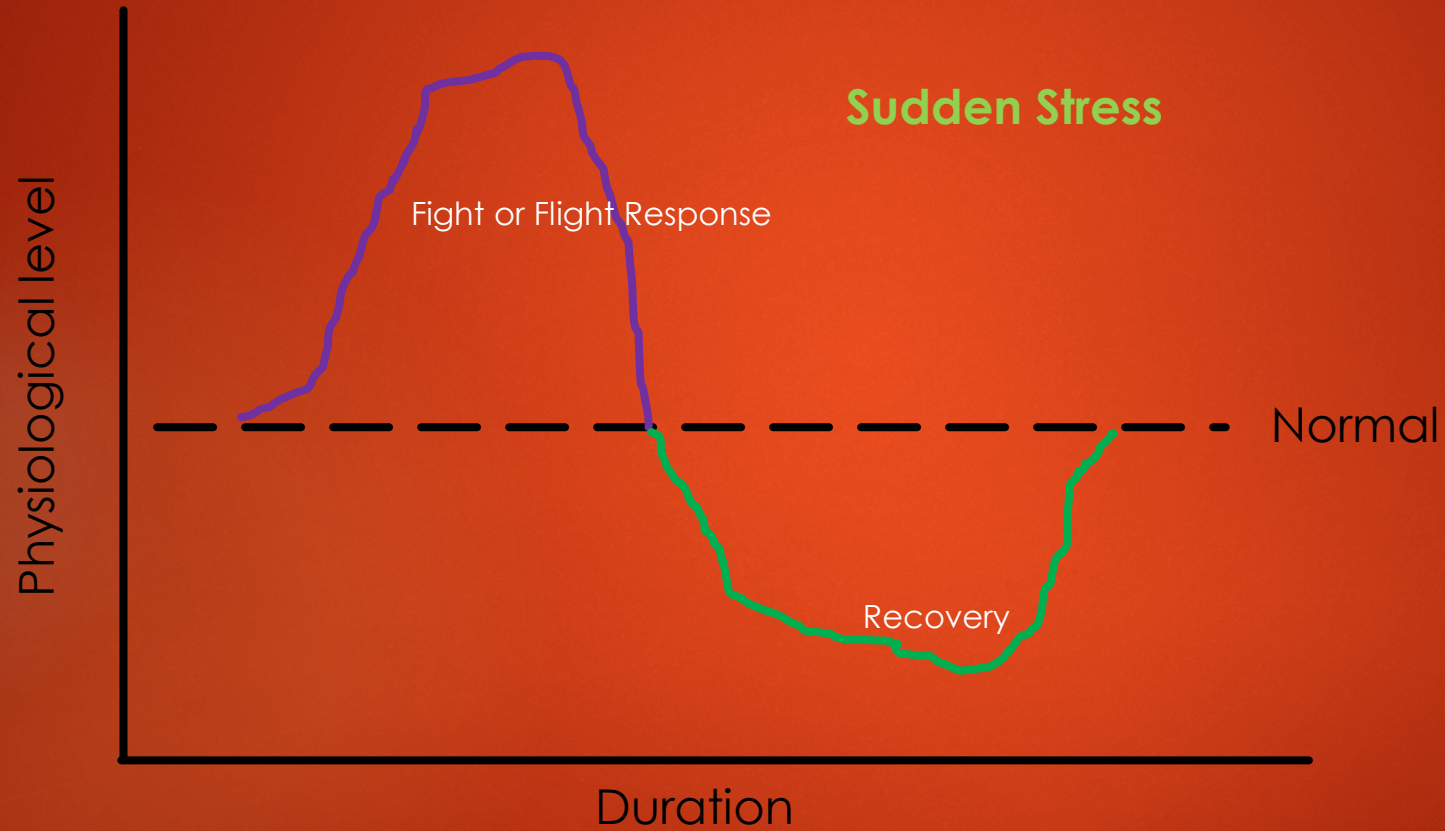




# Becoming Resilient



# Becoming Resilient





## Alarm Stage:

### Fight-or-Flight Response

- 
- The diagram shows a female runner in a dynamic pose, with internal organs and muscles highlighted in red. Numbered lines point to specific areas: 1 points to the adrenal gland on the kidney; 2 points to the heart; 3 points to the brain; 4 points to the trachea; 5 points to the liver; 6 points to the leg muscles; 7 points to the stomach; 8 points to the eye; 9 points to the knee joint; and 10 points to the throat area.
- 1) Adrenaline released into blood.
  - 2) Heart rate and blood pressure increase.
  - 3) Flow of blood to brain increases.
  - 4) Breathing rate increases.
  - 5) More sugar released into blood. Ability of blood clot increases.
  - 6) Flow of blood to skin reduced. Sweating increases.
  - 7) Flow of blood to digestive system reduced. Digestion slows. More stomach acid produced.
  - 8) Pupils open wide.
  - 9) Muscles tense. More energy produced by cells.
  - 10) Lump forms in throat as muscles contract.

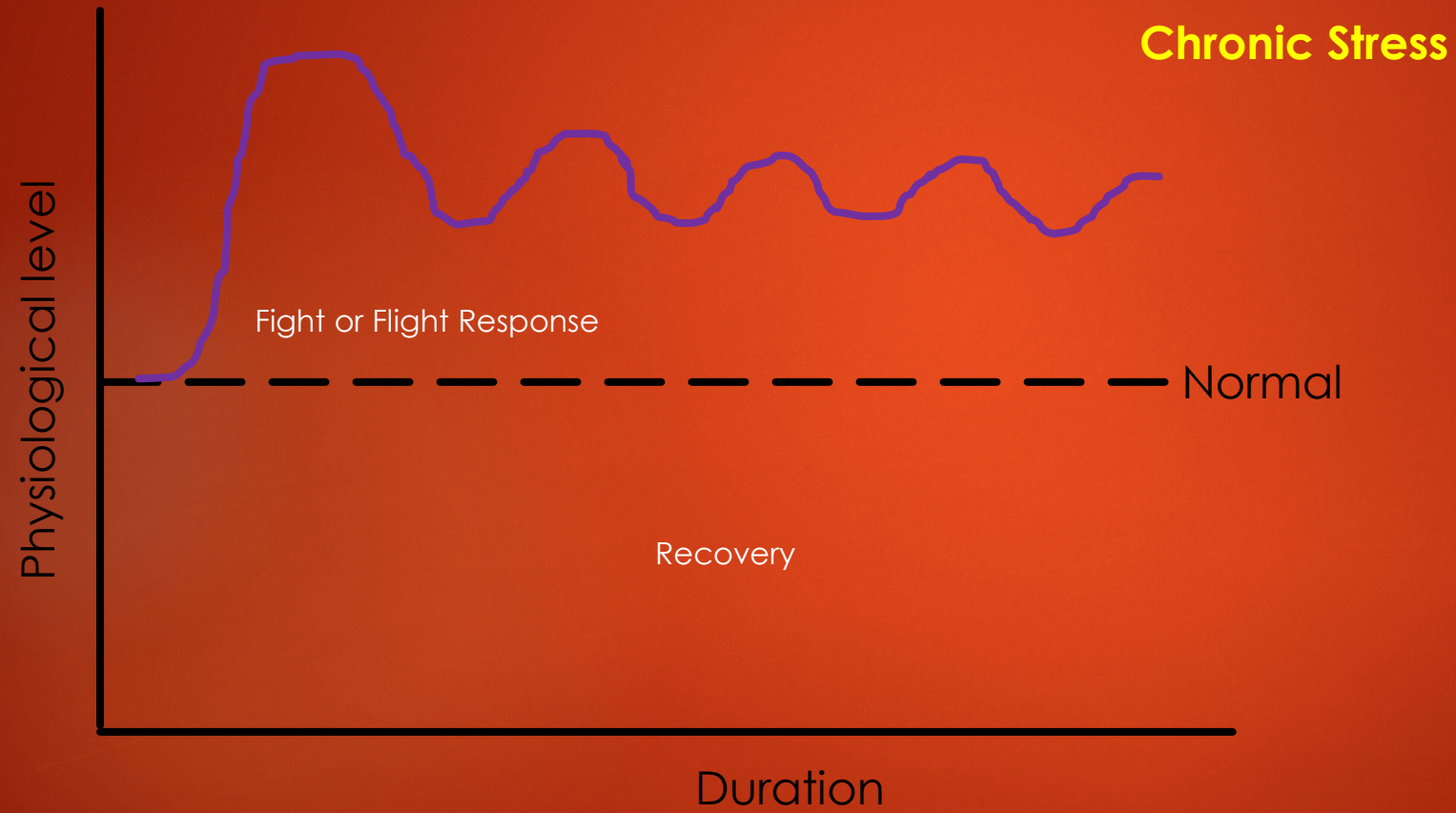
# Becoming Resilient

# Becoming Resilient

- ▶ WHAT IS STRESS?
- ▶ AUTONOMIC NERVOUS SYSTEM AND THE FIGHT OR FLIGHT RESPONSE
- ▶ SUDDEN STRESS IS GOOD
- ▶ COGNITION AND STRESS: REAL THREATS VERSUS IMAGINED THREATS
- ▶ COGNITION CAN CREATE IMAGINED THREATS OR CREATE A STRESS ECHO CHAMBER LEADING TO CHRONIC STRESS

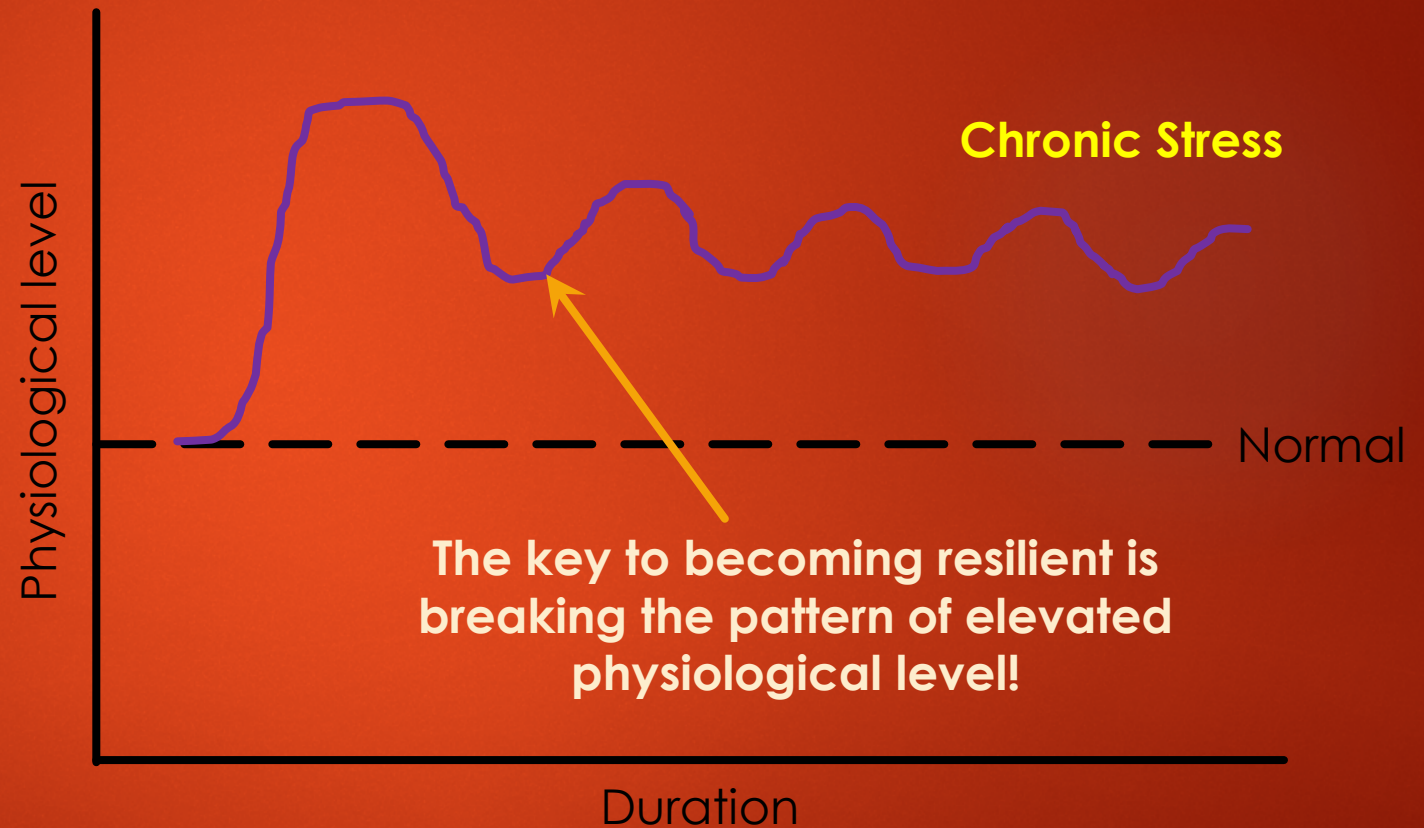


# Becoming Resilient





# Becoming Resilient



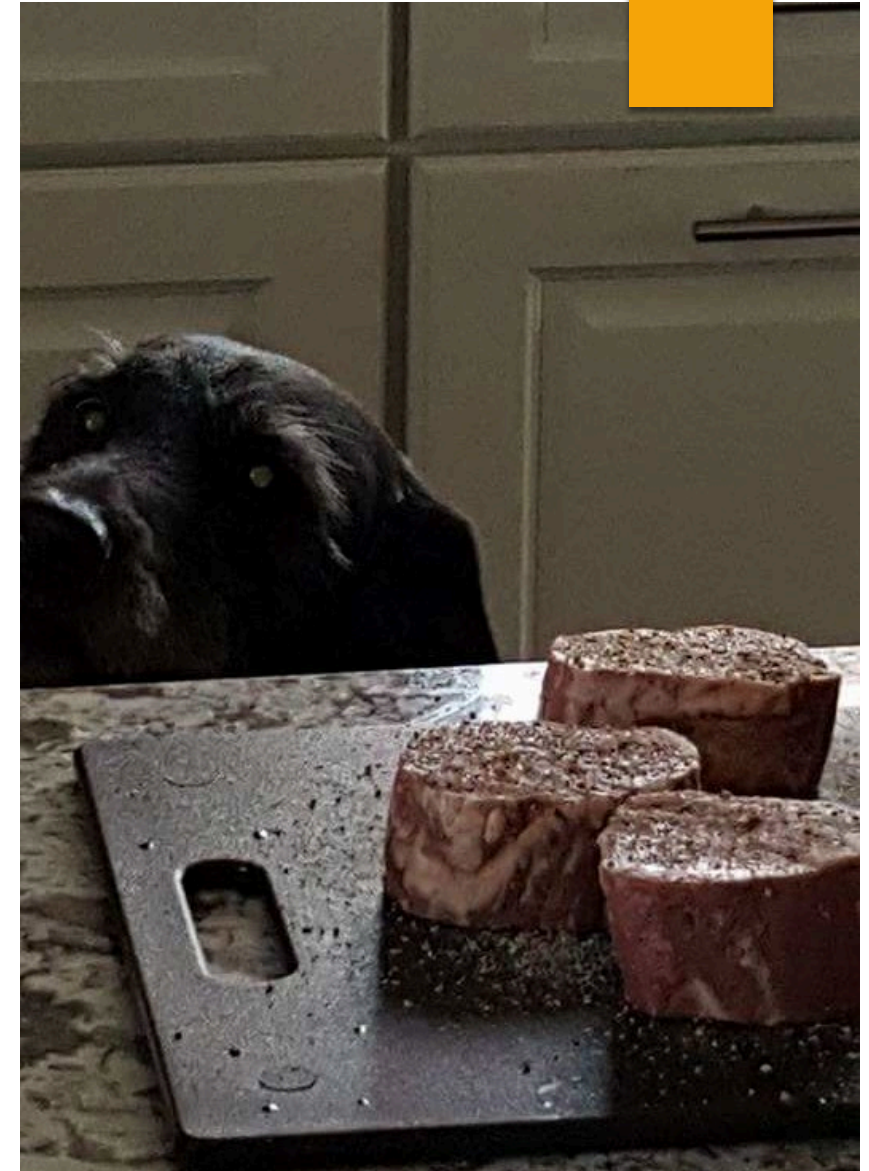
# Becoming Resilient

- ▶ WHAT IS STRESS?
- ▶ WHAT PERSONAL CHARACTERISTICS  
ARMOR ME AGAINST CHRONIC STRESS?



# Personal Characteristics

- ▶ Internal Locus of Control
  - ▶ Life is like a honey badger
- ▶ Perspective
  - ▶ I hated my shoes until I met the man with no legs
- ▶ Gratitude
  - ▶ Cheer up, it gets worse
- ▶ Sense of Humor
  - ▶ If you want to make God laugh, tell her your plans
- ▶ Love





# Becoming Resilient Strategies

KNOW YOUR INTRINSIC NEEDS AND GET THEM MET

APPRECIATION

INDEPENDENCE

SECURITY

EXCITEMENT

EXERCISE

INTROSPECTION

“WHY DOES THIS ISSUE STRESS ME OUT?”

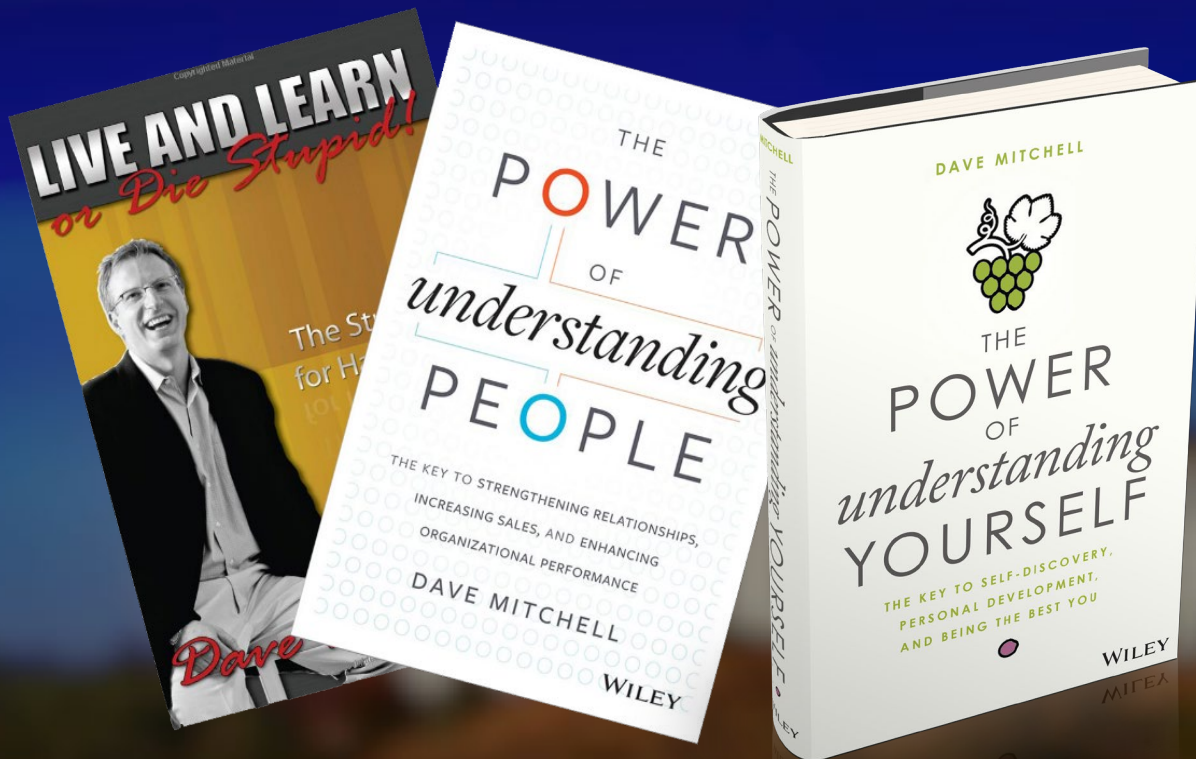
“WHAT DO I NEED TO DO TO RELIEVE THIS ANXIETY?”

THE DEMON COMMITTEE MEETING!

KEEP A JOURNAL NEXT TO YOUR BED FOR LISTING THINGS TO DO TOMORROW

TALK TO SOMEONE





Books can be purchased on  
Amazon or major book retailers



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