

Laura Peli PCC

PERFORMANCE & EXECUTIVE COACH

LP



Techniques to manage work-related stress

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Winning Techniques to improve your performance



Your Speaker

Laura Peli, PCC

Performance & Executive Coach

Coaching Experience with C-Suite, VP, Seniors, Leaders

Co-directed a consulting firm for 7 years

Masters's Degrees in International Business, Management

Creator & Facilitator of +300 Workshops / Webinars

Love cooking, comedy shows production, crime fiction,
portrait photography

Disclaimer



The content of these slides is for informational purposes only and should be treated as such.

If you feel you're struggling with stress, please consult a mental health professional.

You feel overwhelmed by how much you have to do.

Everything seems to require YOUR time and attention, and no matter how hard you work or how late you stay in the office, you just can't seem to get it all done, no matter how hard you try.

Due to your smartphones, you constantly stay connected with work.

You're expected to answer emails at any time (even at night and on weekends).

Your attention span is often scattered and blurry. You feel unhappy, stressed, and most of all dissatisfied.



Are you familiar with this scenario?

Stress Factors

UNREALISTIC WORKLOAD

If you have too much work to do or have unrealistic deadlines.

LACK OF FEEDBACK

Feedback is a crucial component in any job. Without effective feedback, it is not possible to meet expectations.

WORK ENVIRONMENT

Poor working conditions and isolation can cause stress and impair productivity or performance.

JOB SECURITY

Fear of lost income forces employees to work longer hours and ignore established limits.

CONFLICT

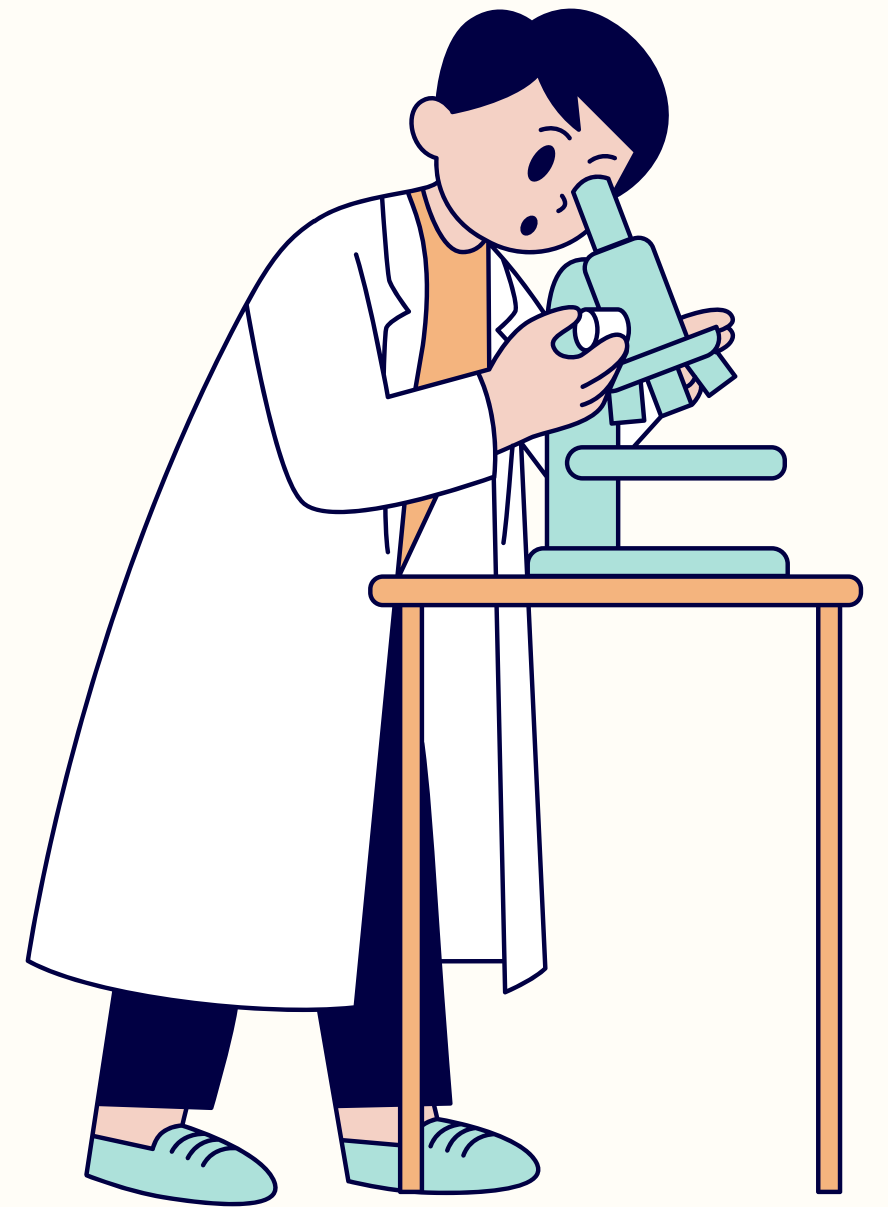
Disagreements or difficult relationships with colleagues, managers or employees are particularly serious sources of stress.

COMMUTING

Time spent travelling between home and work can be filled with anger, frustration, and problems.



Identifying the different types of stress and how to deal with them



4 Types of Stress

Dr Karl Albrecht

is a pioneer in the development
of stress-reduction training for businesspeople.

He defined four common types of stress:
Time, Anticipatory, Situational, and Encounter.

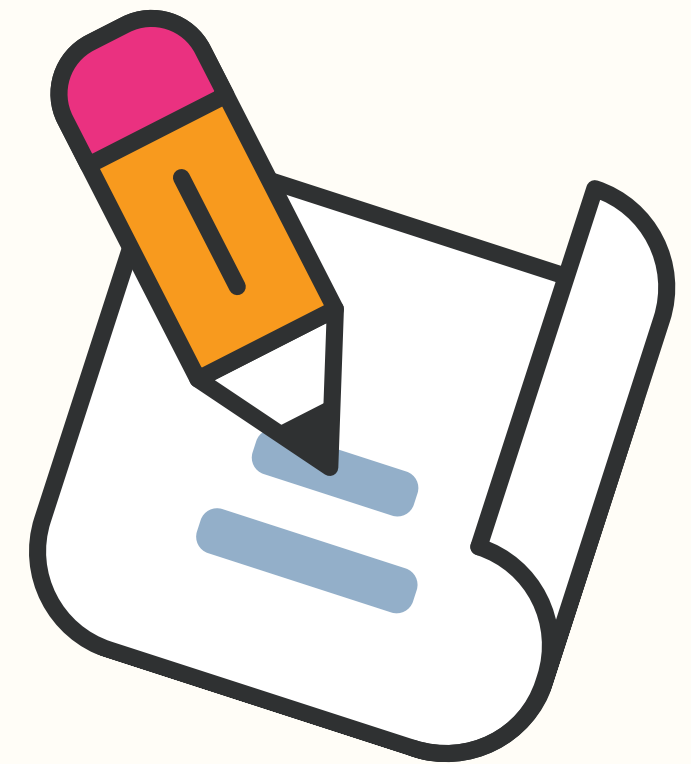
Time Stress

Have you ever
worried about
missing a deadline?

Have you ever
panicked because
you're late for a
meeting?

This type of stress can
be managed and
avoided by improving
your time management
skills.

You can create
a to-do list,
highlighting priorities
so that time and energy
are spent effectively.



Anticipatory Stress

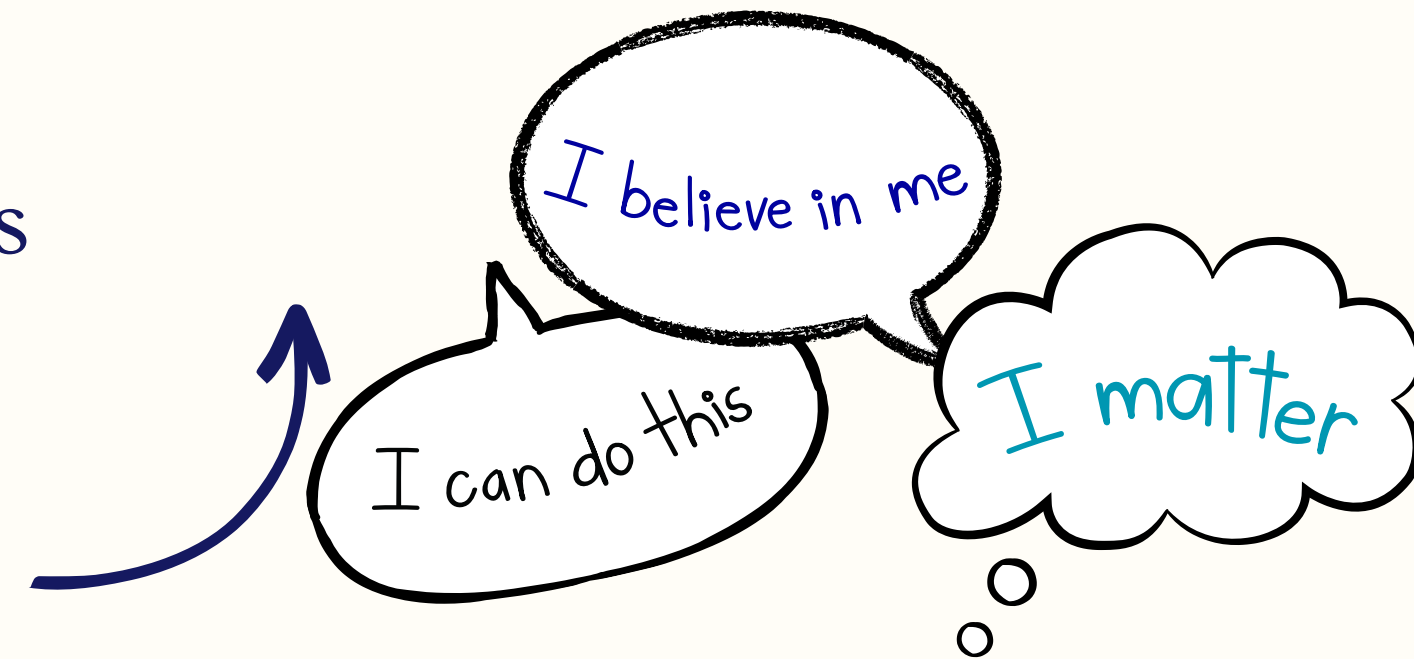
Do you have to give a presentation in front of the whole team and be afraid that something will go wrong?

Do you ever feel anxious about the future?



To help you with this type of stress, activities like meditation and breathing exercises can help you focus on the present so you don't get overwhelmed.

Many find it helpful to use positive affirmations and visualizations to turn their fears into more optimistic feelings.



Add some 'Me Time' to your to-do list 

Situational Stress



Do you feel stressed if there is an emergency or if something unexpected happens?



The first thing to do is learn to manage your reactions, becoming more aware of yourself.

Learning to recognize when stress or anxiety is building up helps you keep stress from becoming unmanageable.

Using physical relaxation techniques can help you calm down.



The more we get used to listening to ourselves the easier it will be to recognise our stress levels.

Encounter Stress

Do you feel anxious
when you have to
meet new people?

Are you stressed
about being in a
large group?

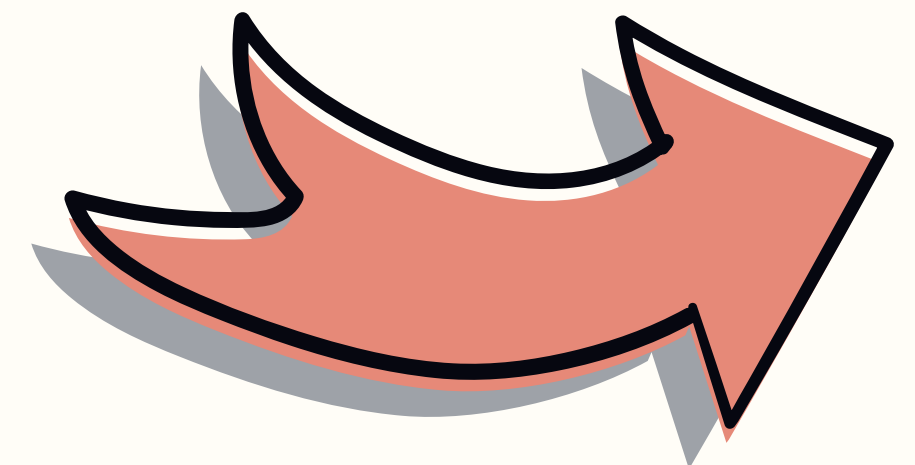
This could reflect
social anxiety.



To mitigate this type of
stress, you can work on
your communication skills
and empathy.
If you understand those
around you and
communicate clearly,
you'll feel more confident
in group situations.



Dealing with stress involves a certain degree
of self-awareness,
including time and space for ourselves.



Mindlessness VS Mindfulness

Mindlessness

Have you ever had the feeling of living on autopilot?
Or not being aware of what you are doing, thinking or feeling?

This is called mindlessness.

That is, a state of unawareness, of going through the motions without being consciously aware of your surroundings or being aware of your inner state.



GOOD NEWS:
AS SOON AS YOU BECOME AWARE OF YOUR MINDLESSNESS,
YOU ARE NO LONGER MINDLESS

Mindfulness

If you are aware of what is happening in the present moment, both in the external world and in your mind and body, that is awareness.



Mindfulness has been defined differently by different traditions.

The practice of mindfulness includes living and focusing on what is happening in the present moment (from the Latin 'hic et nunc').

To live without filtering one's experiences through analysis or judgement.

LP How to set healthy boundaries in a new role

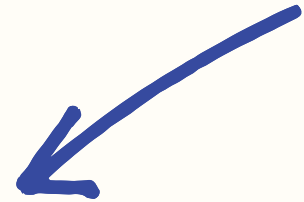


Do you ever find it hard to say "no"?
Maybe you fear damaging
relationships or letting people down.

This happens when you
have no outlined boundaries.

Knowing and communicating your
boundaries in a new workplace helps
you have a more balanced life.

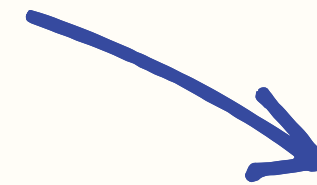
Work-Life Balance tips



DON'T IGNORE THE NEEDS OF OTHER PEOPLE

For example, it would be inappropriate to say that you will never take on any extra work.

Instead, say that you would take on extra tasks if you are available and if it's relevant to your role.



COMMUNICATE YOUR BOUNDARIES ASSERTIVELY

BUT KINDLY

This way they'll know you mean business and will be more likely to respect your wishes.
If someone tests your limits, remind them assertively why it's important that you have them.

Winning Techniques to improve your performance

Nature



Walking in nature helps.
If you are in the office you can look
for the nearest park and take a walk
there during your lunch break.

Rest Your Eyes



Studies show that stress levels can increase with excessive screen exposure.

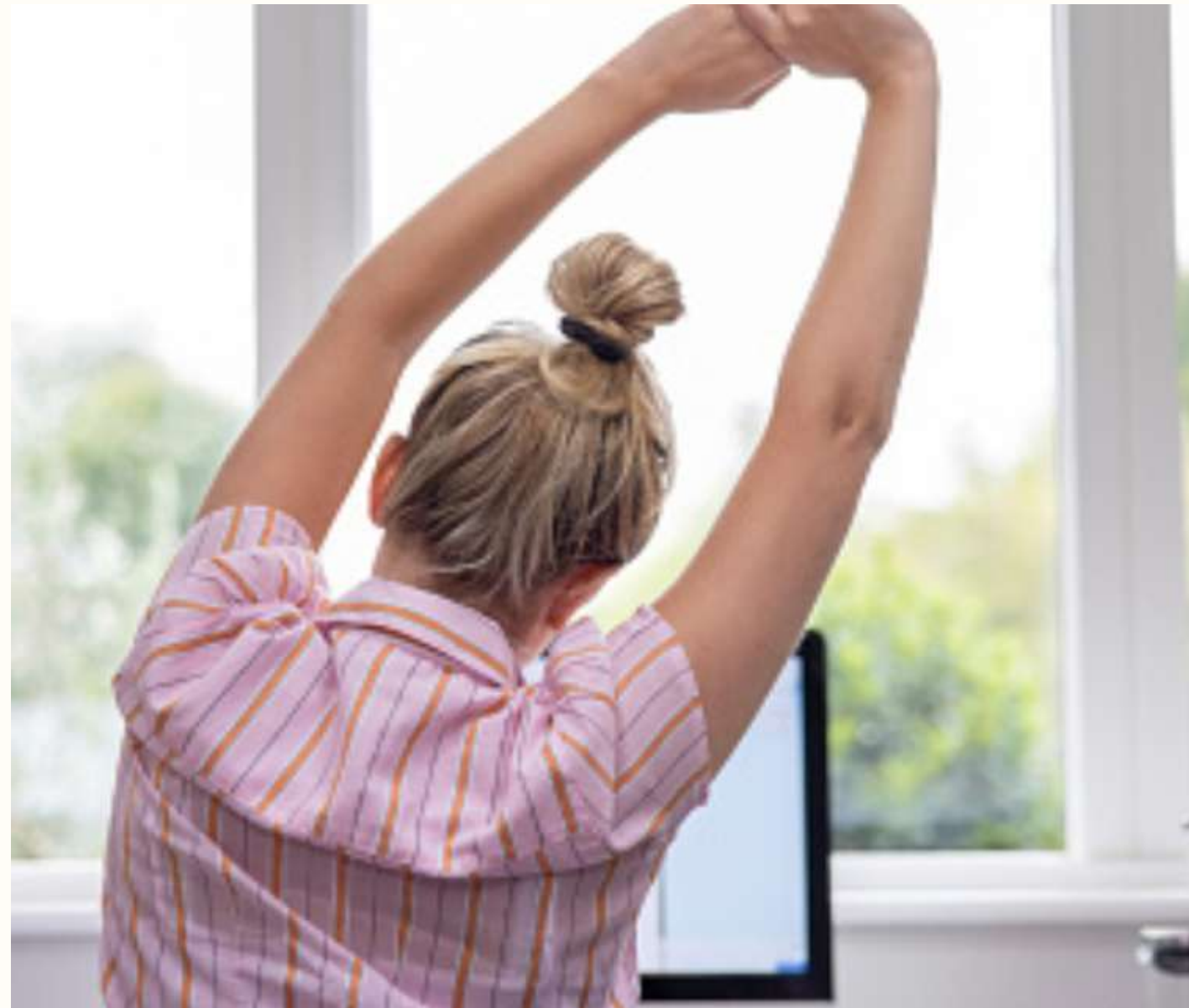
Breathe



Breathing exercises and meditation help reduce stress.

A recent study of anxious people revealed that mindfulness techniques lower levels of the stress-related hormone ACTH and increase resilience to future stressors.

Stretching



Stretching relieves tension in muscles exacerbated by stress.

It would be preferable to leave the desk and move every couple of hours.

If you can't, you can do exercises sitting at your desk.

Keep a to-do list



Whenever you complete a task
you'll enjoy a sense of
accomplishment
and a rush of dopamine,
the neurotransmitter that controls
the pleasure center of the brain.



Chocolate



New studies reveal that eating dark chocolate (with 70% cocoa or more) reduces stress and improves mood, memory and immunity. The antioxidants in chocolate lower blood pressure and improve circulation, helping you to relax.

ASMR



Autonomic sensory
meridian response (ASMR)
is a tingling sensation
with waves of relaxation.
ASMR videos or audio can help
with stress management.

Any Questions?

Thank you for participating



Email me at:

laurapeli.coach@gmail.com

Connect with me on LinkedIn at:

Laura Peli, PCC

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