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STRESS MANAGEMENT AS ADULT SOCIAL AND EMOTIONAL LEARNING

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IDENTIFYING DRAGONS

Three stressors at work...

- 1.
- 2.
- 3.

Three stressors at home...

- 1.
- 2.
- 3.

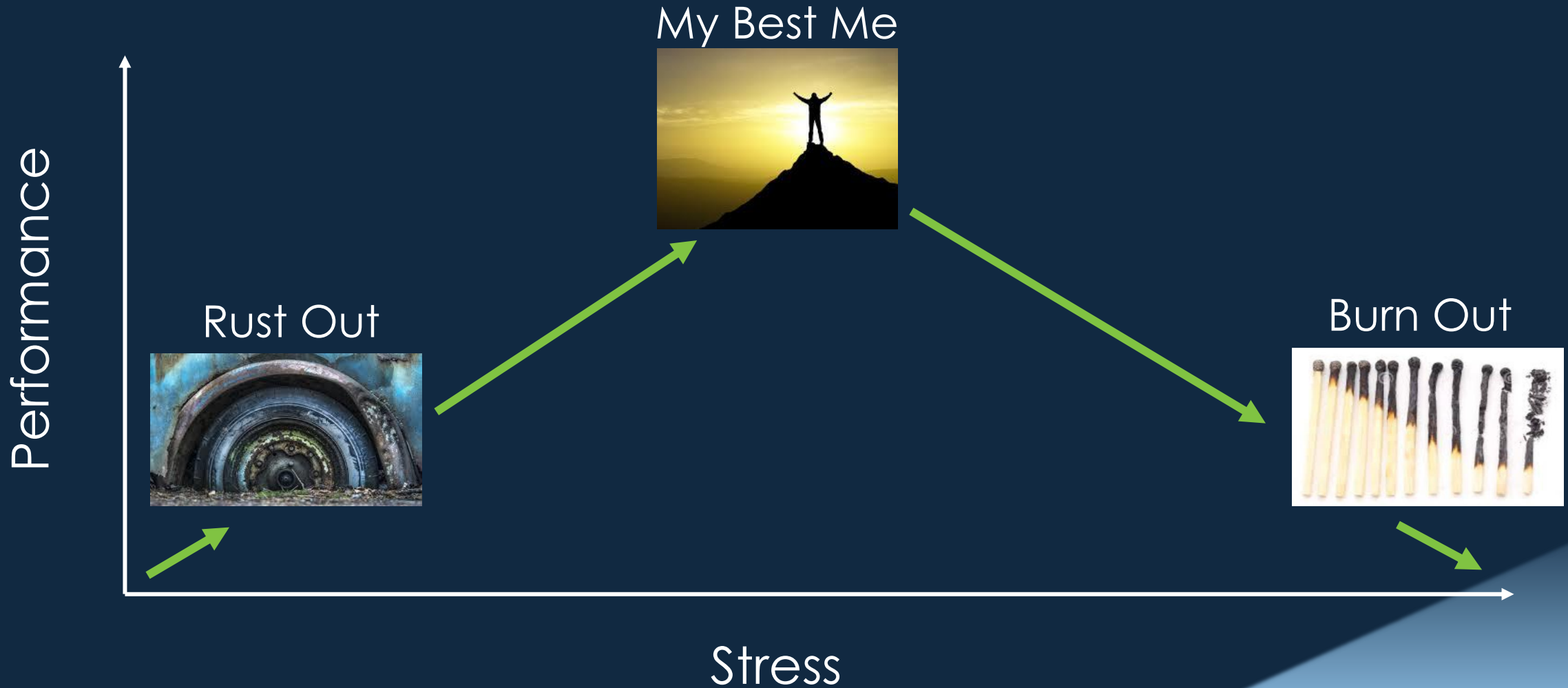


- What is stress?
 - Stress is the energy you produce as you wonder whether you can deal effectively with a threatening situation.
 - symptoms include increase heart rate, muscle tension, preoccupation,
 - We usually use the energy to attack the source of our stress or run from it, and either option can be helpful or not helpful.



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HARNESSING THE POWER OF STRESS





STRESS MANAGEMENT

	Engage (Outer World)	Disengage (Inner World)
Helpful Life Giver		
Hurtful Life Sucker		



Engage (Outer World)	Disengage (Inner World)
<ul style="list-style-type: none">◆ Get connected◆ Anticipate◆ Redirect the energy (exercise, hobby, etc.)◆ Assert your self appropriately	<ul style="list-style-type: none">◆ Self-observation◆ Keep perspective



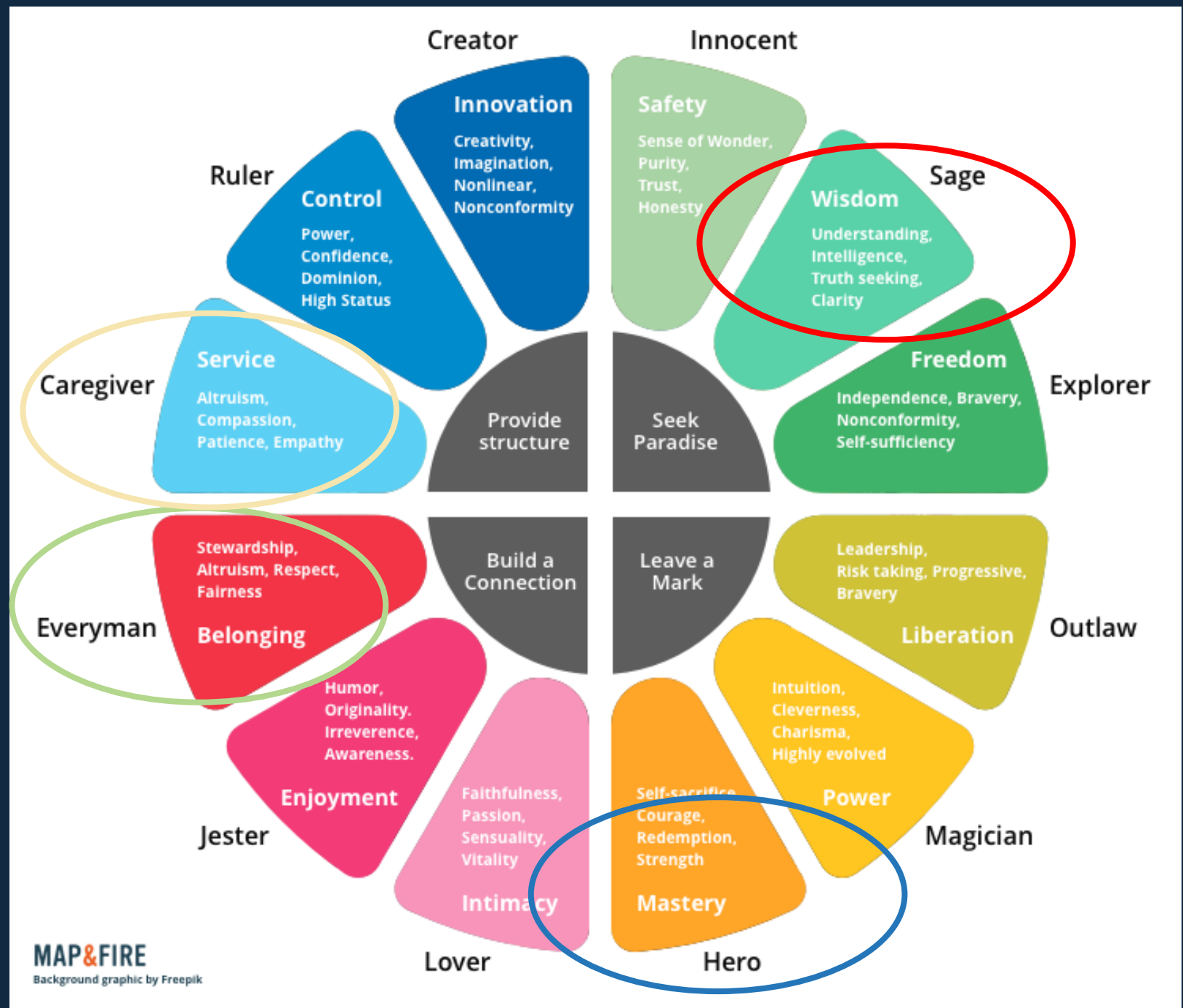
Engage (Outer World)	Disengage (Inner World)
<ul style="list-style-type: none">◆ Frequently attacking, blaming, criticizing others◆ Frequently splitting or causing dissention among staff	<ul style="list-style-type: none">◆ Frequently deny, rationalize, or unable to accept responsibility for wrong doing◆ Cut off feelings/apathy



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My
Dream
Team

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- My **Everyman** (with whom I will always feel connected and comfortable) is...
- My **Sage** (who will offer me guidance) is...
- My **Hero** (who will always demand greatness from me) is...
- My **Caregiver** (who will always nurture me) is...



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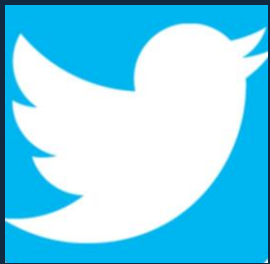
My Dream Team

- To be my own **Everyman**, I must value my SELF.
- To be my own **Sage**, I must value my PAST.
- To be my own **Hero**, I must value my FUTURE.
- To be my own **Caregiver**, I must value my PRESENT.



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Follow Me for Other
Giveaways!



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