

Three Steps to Managing Stress - Tips for Hybrid Leaders

Try these three steps to manage your reaction to stressful situations.

1. Assess each problem realistically to avoid “catastrophizing.” Consider the problem against the following scale:

THE PROBLEM PERCEPTION SCALE | Evaluate your perception of a given problem below. Then decide the true urgency level of reacting:



2. Consider the degree of control you have, being mindful of what is within your control or influence and what is not. This is called the Circles of Influence:

- Make a plan for what you can manage.
- Make a plan for what you can influence.
- Process and think about what you cannot control or influence and make a plan to accept, accommodate or avoid these conditions.



3. Manage your physical reaction:

- Hold a conversation with intrusive thoughts by acknowledging the thought, and assessing it on the Problem Perception Scale. Either release the thought or create a plan using the Circle of Influence.
- Manage your physical reaction: Practice slow, deep breathing and fill your belly with oxygen. Breathe deeply and slowly to reassure your body that there is no danger. Practice any form of exercise to further increase your body’s ability to manage stress.
- Practice gratitude: Think about the good things that happened today, the wonderful people in your life, the small moments that fill you with joy and gratitude. What is going well in your life? Who is supporting you?

“Accept - then act. Whatever the present moment contains, accept it as if you had chosen it. Always work with it, not against it. Make it your friend and ally, not your enemy. This will miraculously transform your whole life.” — Eckhart Tol

“Every Storm runs out of rain.” — Maya Anjelou