

FREE GUIDE

S.O.S. for Stress



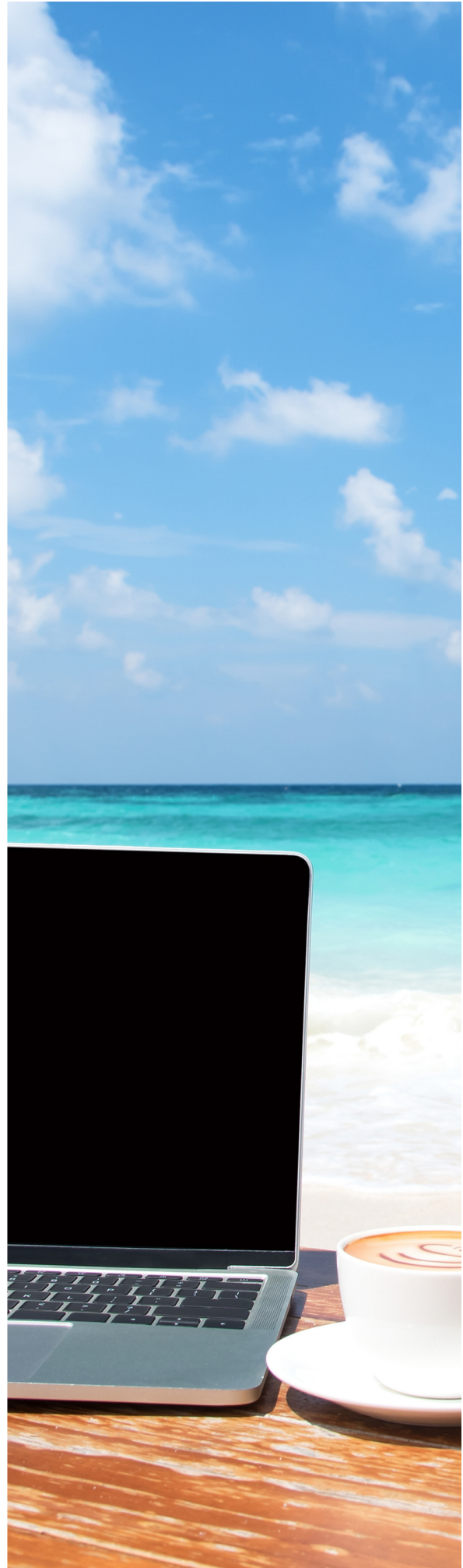
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Pause, Manage your stress!

STOP - OBSERVE - SHIFT

In today's fast-paced corporate world, stress isn't just common; it's an occupational hazard. Whether you're navigating through tight deadlines, juggling multiple responsibilities, or striving for work-life balance, stress can overwhelm even the most seasoned professionals. This guide introduces a simple, memorable approach to managing stress using the acronym S.O.S: Stop, Observe, and Shift. By adopting these steps, you'll learn how to identify stressors, manage your reactions, and make healthy adjustments to your behavior and environment.



Disclaimer

The information provided in this guide, including but not limited to symptoms of stress such as headaches, nausea, and irritability, is for educational purposes only and is not intended as a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read in this guide.

Stop Identify the stressors

When you start to notice the symptoms of stress, your first action should be to stop. It's a common instinct to push through stress without acknowledging the warning signs, but this can exacerbate the problem.

Understanding what triggers your stress is the foundational step towards effectively managing it and regaining control of your work environment.



STRESSORS

Demands - Recognize the external pressures such as workload, deadlines, and expectations that contribute to your stress. It's essential to differentiate between what is within your control and what is not.

Perspective - Understand how your viewpoint influences your stress level.

Resources - Assess your available resources versus what you need. These could be external or internal.

Symptoms of stress

In your body

Brain and nerves - Headaches, feelings of despair, lack of energy, nervousness, anger, irritability, trouble concentrating, memory problems, difficulty sleeping, mental health disorders.

Heart - Faster heartbeat or palpitations, rise in blood pressure, increased risk of high cholesterol and heart attack.

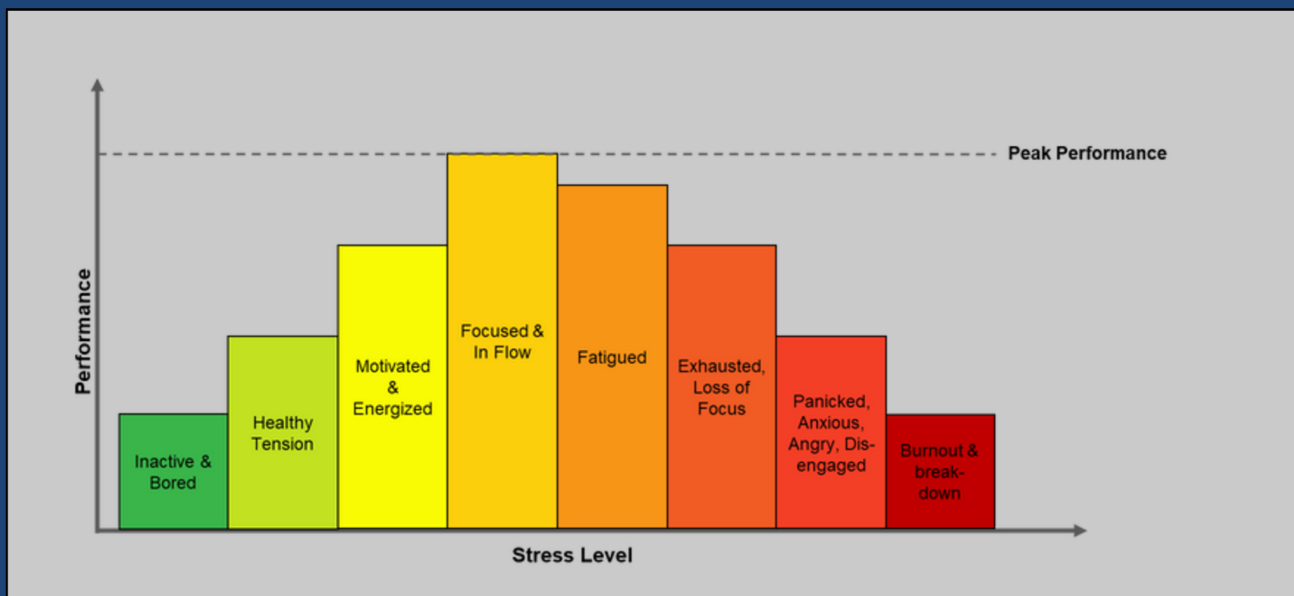
Stomach - Nausea, stomach ache, heartburn, weight gain, increased or decreased appetite.

Pancreas - Increase risk of diabetes.

Intestines - Diarrhea, constipation and other digestive problems.

Reproductive organs - For woman, irregular or painful periods, reduced sexual desire. For men, impotence, low sperm production, reduced sexual desire.

In your performance at work





Next comes the crucial step of understanding how you react to stress and the role of fear and control in these reactions. When confronted with stress, it's essential not only to recognize the symptoms but also to observe your emotional and behavioral responses. Fear often plays a significant role in how we handle stressful situations—whether it's the fear of failure, fear of change, or even fear of success. These fears can lead to a sense of losing control, which further exacerbates stress.

By observing your responses, you can begin to identify patterns and triggers that may not be immediately obvious. This awareness allows you to gain a better sense of control over your emotions and actions. Acknowledging and understanding these aspects are pivotal in developing effective strategies to manage stress and reduce its impact on your work and well-being.

Hurdles

Fear



FEAR

REALITY
CHECK

- I will be perceived as weak.
- I can lose my job.
- If I stop, I might never be able to start again.
- Who can I trust during this journey.

Control



CONTROL

SUPPORT

- I can do this alone!
- I don't want to lose control over my performance, decisions and behavior.
- When, how and who do I ask for help?



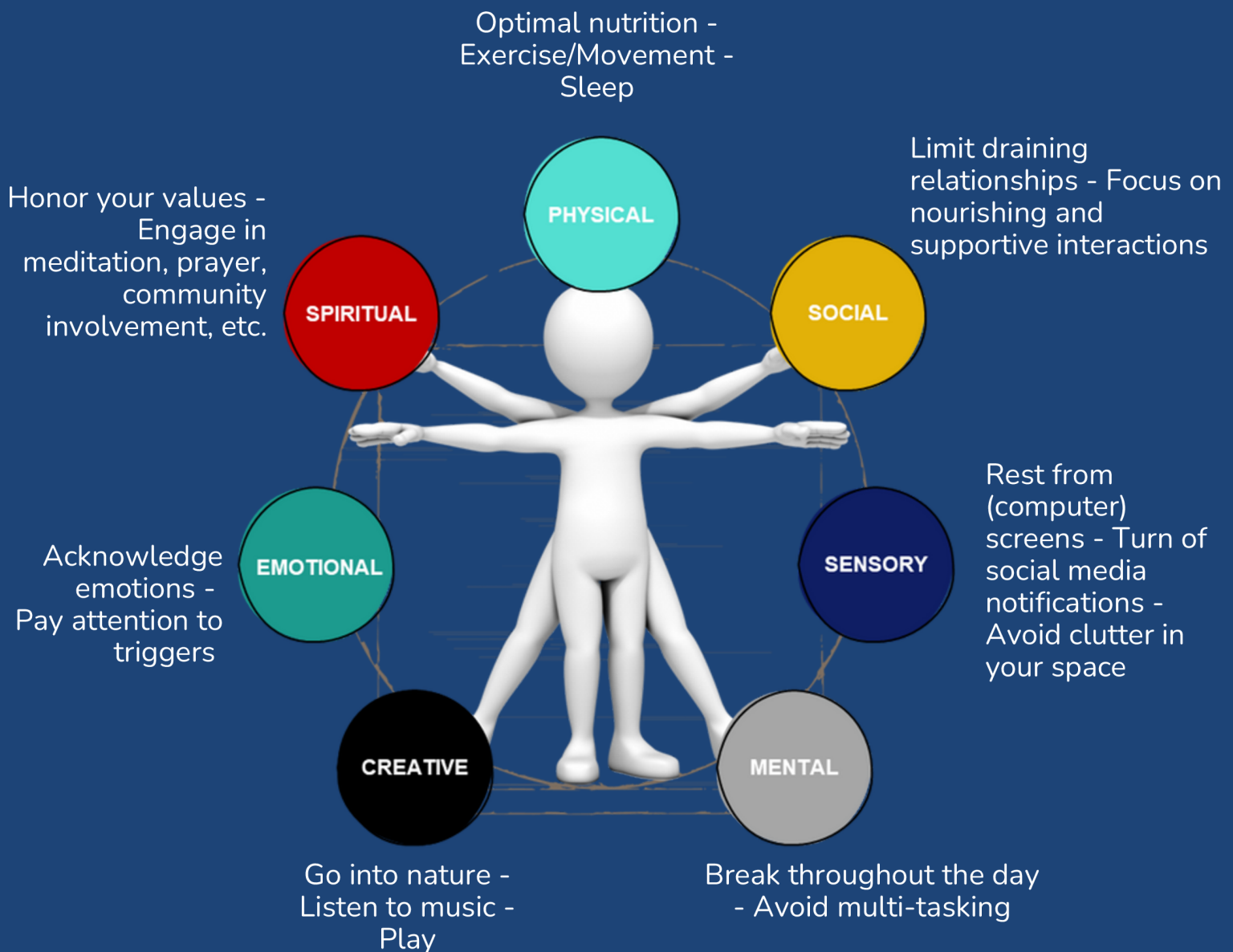
Shift Strategic adjustments

After gaining a deeper understanding of your stressors and your reactions to them in the "Stop" and "Observe" sections, it's now time to make strategic adjustments. This phase is all about transforming insights into practical actions that enhance your ability to manage stress effectively.

In this section, we'll discuss tools to build personal and corporate resilience. From optimal nutrition to improving your decision-making processes, these adjustments are designed to empower you to thrive under pressure and not only manage but master stress.

Remember, making these changes can sometimes feel challenging, and you're not alone in this journey. If you need support or guidance on implementing these strategies effectively, please feel free to [contact me](#). Together, we can ensure that these adjustments make a positive impact on your professional and personal life.

Personal Resilience – *Energy management*



Personal Resilience – *Emergency Care*

STOP STRESS
RESPONSE

CALM THE
BRAIN

RELEASE STRESS
HELD IN BODY

INCREASE
ENERGY

Breathing
techniques



Tapping
(EFT)



Exercise



Meditation



Aromatherapy

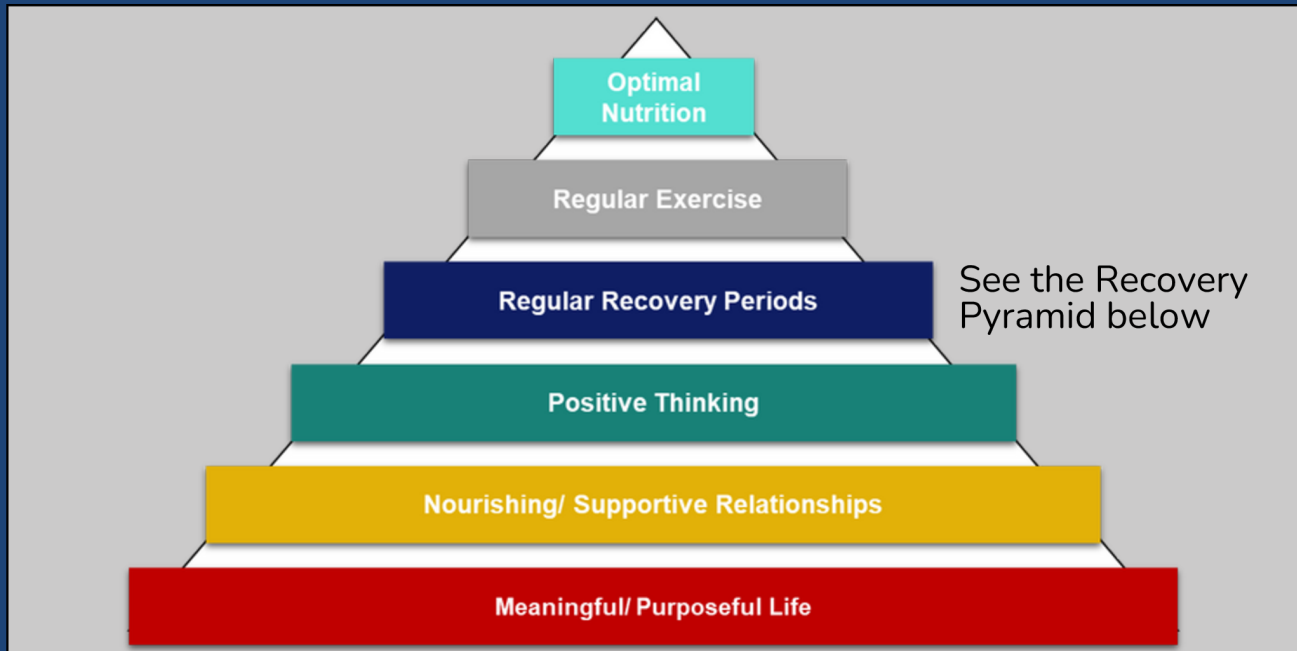


Acupuncture

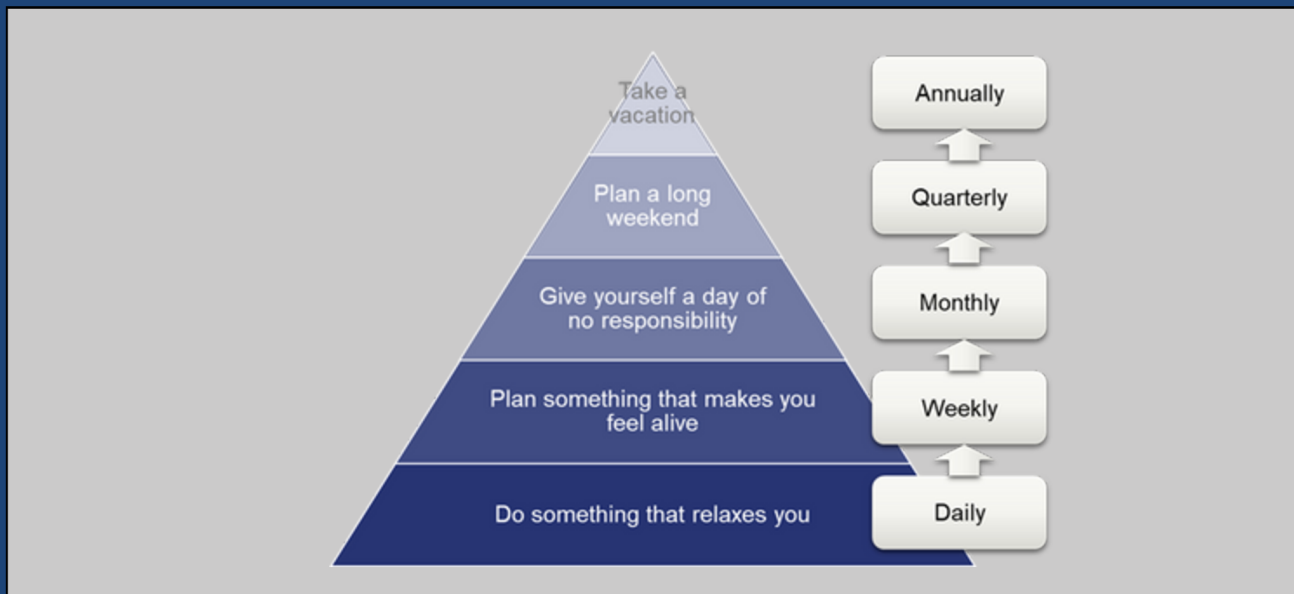


Personal Resilience – *Long-term Care*

Vitality Pyramid Sonneveld




Recovery Pyramid Dr. Adam Fraser



Corporate Resilience – *Emergency Care*

MICRO - RESILIENCE: MINOR SHIFTS FOR MAJOR BOOSTS IN FOCUS, DRIVE AND ENERGY - BONNIE ST. JOHN, ALLEN P, HAINES

 Refocus your brain	ZONE refocus	Establish (flexible) boundaries to create concentration time
	OFF-LOAD refocus	Diminish brain fatigue by continuous, small reduction in mental effort (not holding everything in your head)
	DECISION refocus	Avoid decision fatigue <ul style="list-style-type: none"> • Make important decisions early in the day after invigorating yourself • Simplify routines so that everyday tasks require fewer decisions • Delegate decision making responsibility • Use checklists for routine/ regular decisions • Prioritize prioritizing
	EXERCISE refocus	Use movement to improve thinking

Corporate Resilience – *Long-term*



Reduce Demands

- Reduce workload (Defer - Delegate - Eliminate)
- Re-assess priorities
- Ask for help

Increase Resources

- Adjust work infrastructure (Tools - Schedule - Breaks)
- Ask for help



Change Perspective

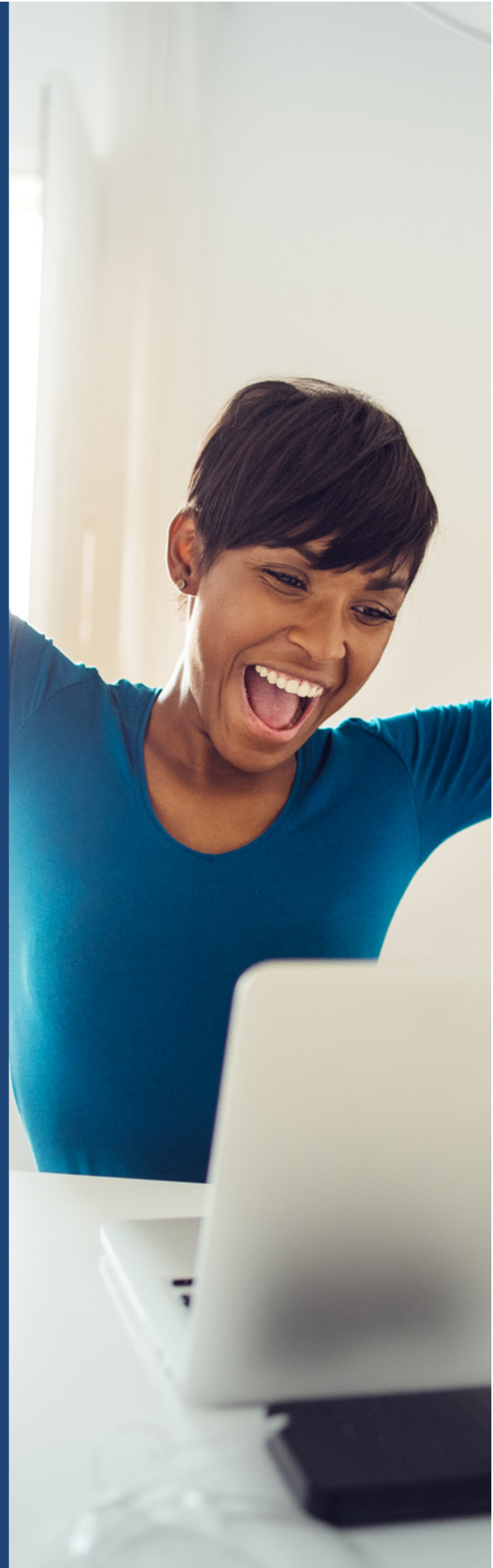
- Disclose HR process and consequences
- Re-assess performance goals
- Re-assess processes

In Closing

Stress in the workplace is inevitable, but succumbing to its negative effects is not. By learning to Stop, Observe, and Shift, you can not only manage stress but turn it into a catalyst for personal growth and professional resilience.

Start small by applying one technique at a time and gradually incorporate more as you become comfortable. Remember, the goal is not to eliminate stress completely but to master it effectively.

[BOOK YOUR FREE DISCOVERY CALL](#)



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