



ENGAGING PEOPLE, ELEVATING PERFORMANCE

THE 36-MINUTE HUDDLE UP

Wednesdays from 1:00–1:36PM



NANCI'S NOTIONS

Week #17 – August 12, 2020



- ✓ What did you add to your toolkit?
- ✓ Managing our Stress
- ✓ What Stress Tip or Tool will you add?

In Last 168 Hours ...

What new technique
did you put in
your toolkit?





ENGAGING PEOPLE, ELEVATING PERFORMANCE



**Managing Our Stress:
Top Cognitive-
Behavioral Lessons
Guest Speaker
Tracy Hollister**

THE FOUR STEP METHOD

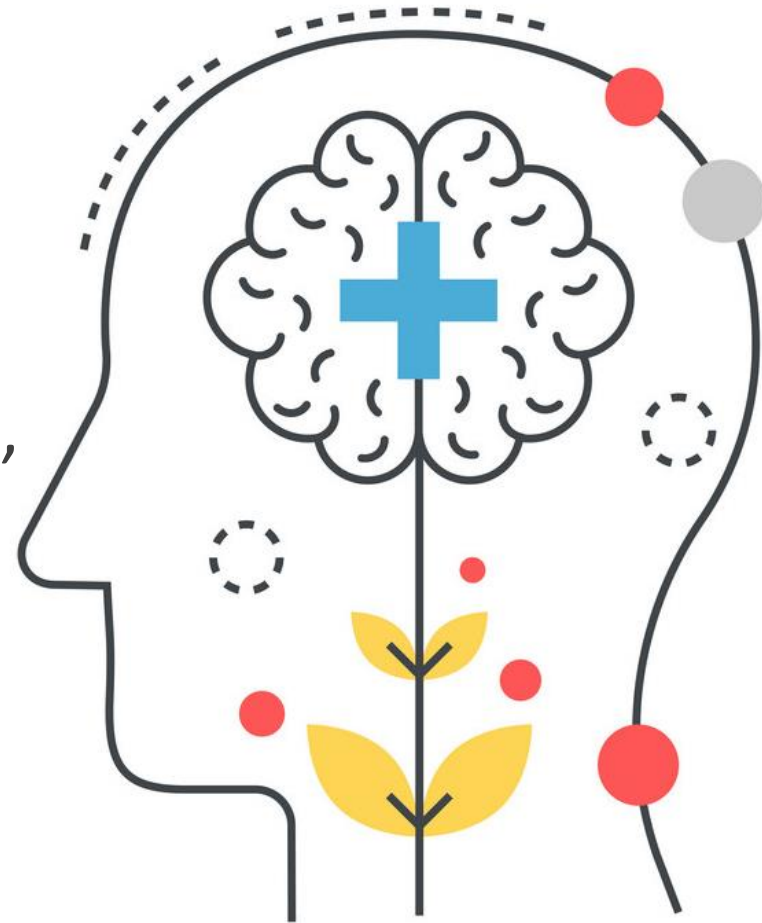
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1. Reporting a specific situation where you got stressed
2. What you thought / did to get even more stressed
3. What you said to yourself or did to reduce your stress*
4. What you would have done before you knew better (#3)

*Simple phrases to overcome tension, aka SPOTs like...

1. SPOTs on How We Keep Perspective

- Make our mental health our supreme goal
- Compared to our mental health, it may be a triviality
- Take the total view, not the partial view

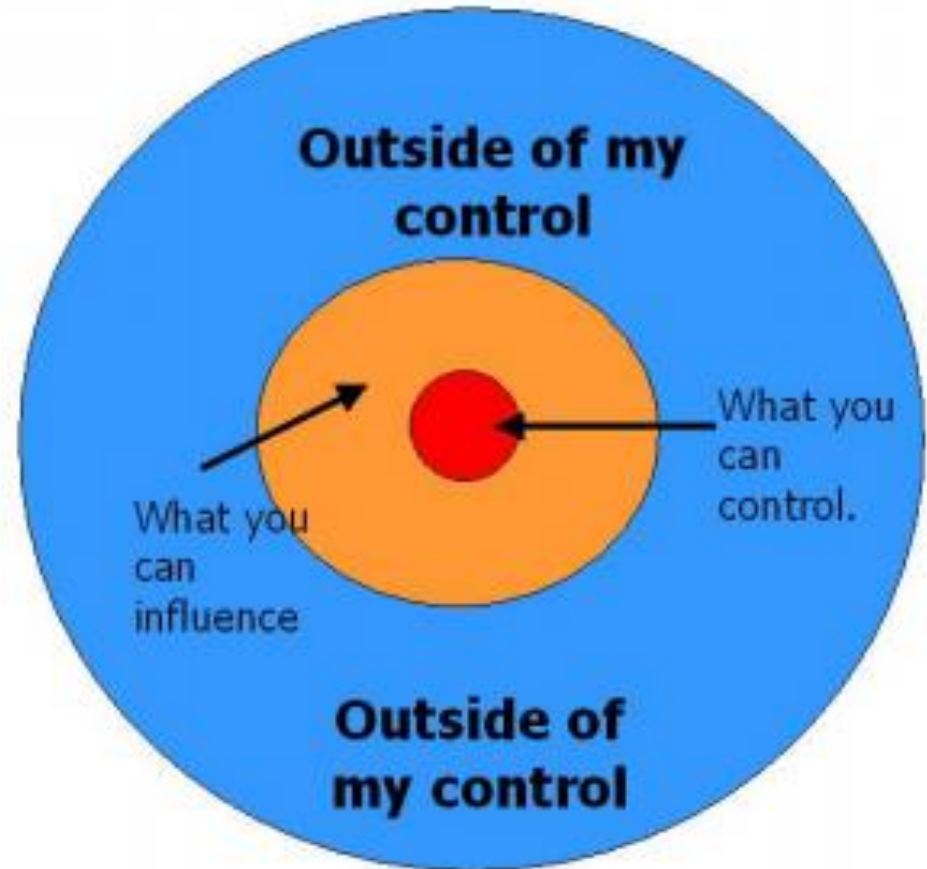


2. SPOTs on What We Can Control: Lots!

THE THREE SPHERES OF CONTROL

Outside our control

- Other people
- Our past
- Our original response



3. SPOTs on What We Can Control

1. Actions (self-control)
 - Command our muscles to act OR not act
2. Thoughts (reframing)
 - Replace insecure thoughts with SECURE thoughts



4. SPOTs on Judgements

- Fear/anger --> tension --> stress symptoms
- Judging yourself: fearful temper
- Judging others: angry temper
- Temper is blindness to the other side of the story
- They/we are not “wrong,” they/we are average (or human)
- <https://recoveryinternational.org/wp-content/uploads/2018/11/A-Sampling-of-Tools-and-Terms-2014.pdf>





STRESS MANAGEMENT THOUGHT OF THE WEEK



THANK YOU!



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