



What does it mean for you? How do you manage it?

What are leadership stressors?



Why does it matter?

Why does it matter?



- Anger
- Foggy Thinking
- Negativity
- Anxiety
- Junk Food
- Alcohol Misuse
- Resentment
- Exhaustion
- Depression
- Pain
- Chronic Disease

Thoughts on resiliency ...







What is stress for you?

IDENTIFY WHAT SITUATIONS KICK
IN STRESS RESPONSE



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When have you handled stress effectively?

IDENTIFY SITUATIONS IN THE PAST



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What did you do?

FEEL, THINK, HEAR, SEE, DO

Imagine new situation!






