



Competencies that are addressed:

PRIMARY COMPETENCY CATEGORIES:

- **Stress Management—** Passionate about winning. Dedicated to achieving all-win solutions to situations.
- **Attitude—** Demonstrates personal responsibility. Holds self and others accountable for outcomes that are in alignment with the direction of the organization.
- **External Awareness—** Demonstrates personal responsibility. Holds self and others accountable for outcomes that are in alignment with the direction of the organization.

RELATED COMPETENCY CATEGORIES:

- **Interpersonal Skills—** Advances the abilities of individuals and the organization through active listening supported with meaningful oral and written presentation of information.
- **Adaptability—** Proactively makes things happen. Evaluates self and others and takes positive corrective action. Is self-disciplined.

Managing Stress

SUMMARY

Managing stress is like managing time: it's all about managing yourself. In this module, you will assess your current reactions to stress, then explore ways to clarify where you have a measure of control. Identifying different kinds of stress, and different responses people have, will help you identify how to use more of your innate resiliency to stressful internal and external factors. You will learn to identify ways to convert common negative reactions into positive outlooks with clear action steps.

CONTEXT

The impact of stress takes a heavy toll on people and organizations. With the challenges of a highly competitive, global economy, the rate of change will continue to create stress. Being able to cope more effectively is a survival issue for everyone, and even an opportunity to thrive.

At the completion of this module, participants will be able to:

- Examine different types of stress and their impact
- Develop strategies for managing stress with peers
- Explore principles for handling stress more effectively
- Focus our energies to be more productive

"Few men in their lifetime come anywhere near exhausting the resources dwelling within them."
—Admiral Richard Byrd, Polar explorer