

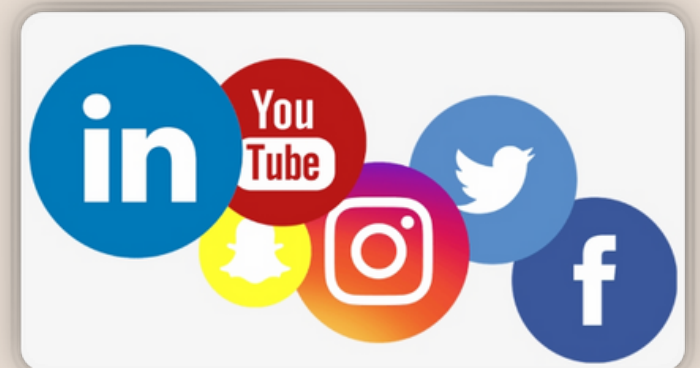


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MANAGING STRESS IN THE WORKPLACE

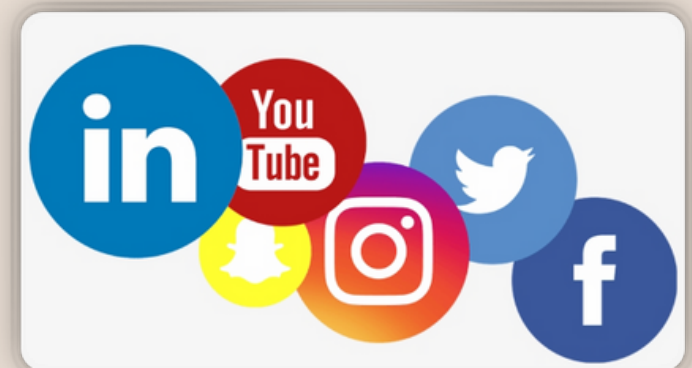
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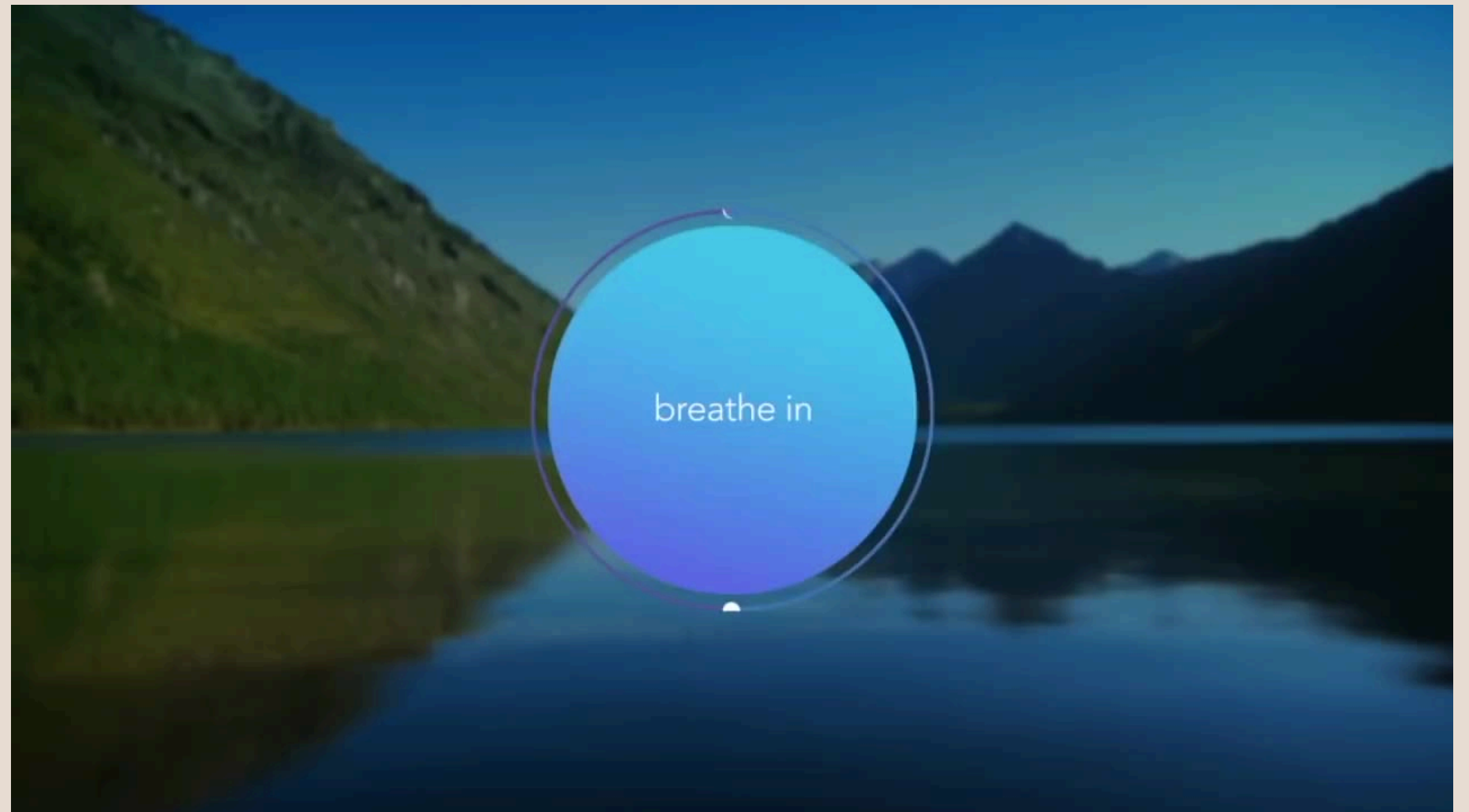
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LET'S LEAVE THE STRESS AT THE DOOR....



1. Sit comfortably, OPEN hands, open front body
2. Scan your body for tension
3. As you follow the breath cues, INTENTIONALLY release that muscle tension, anywhere you find it





STEP 1: IDENTIFY WHY WE STRESS

STEP 2: IDENTIFY HOW WE KNOW WE ARE STRESSED
– INCREASE SELF AWARENESS

STEP 3: DIG DEEPER

STEP 4: PREVENTION – TIME MANAGEMENT & PLANNING

STEP 5: INTERVENTION – DE-ESCALATION & REGULATION

STEP 6: RECOVERY – COPING & RE-FOCUSING



WHAT DO WE STRESS ABOUT?

☐

☐

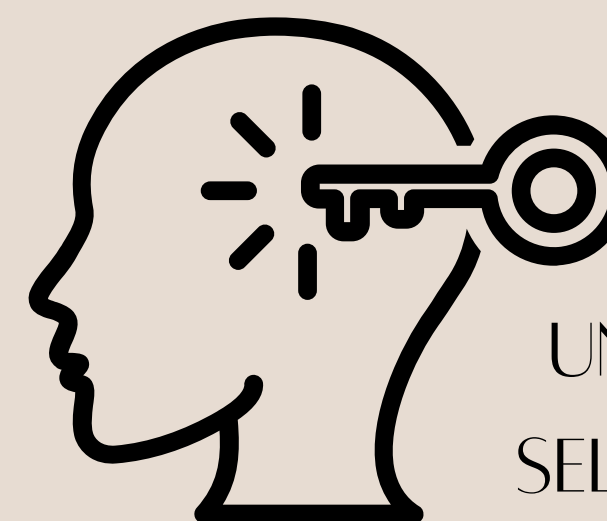
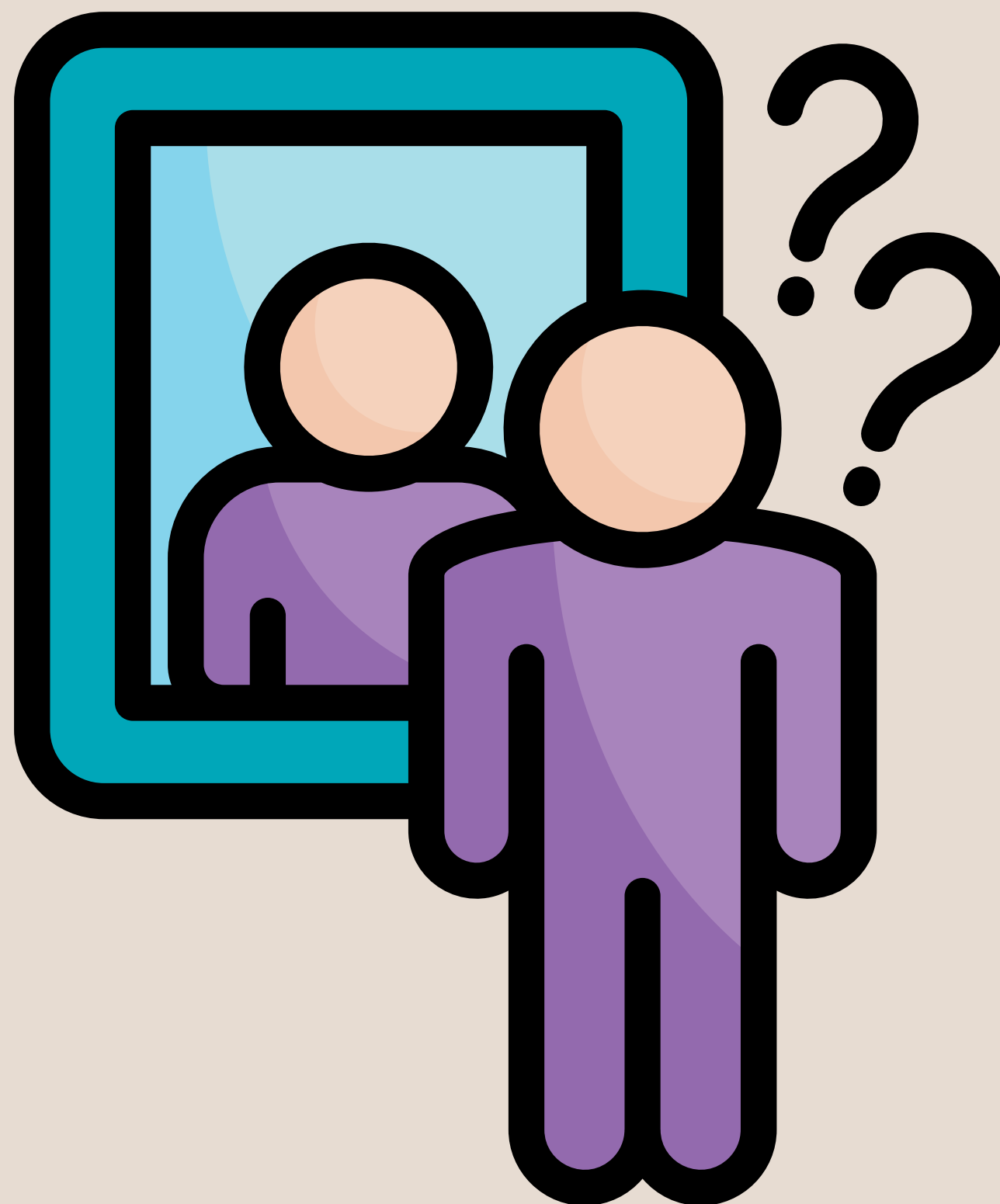
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UNLOCK YOUR
SELF AWARENESS



PHYSIOLOGICAL STRESS “SIGNALS”/ ACTIVATED STRESS RESPONSE SYSTEM

- Elevated heart rate
 - Sweating
 - Nausea
 - Dizziness
 - Shaking
- Skin color change



ACTIVITY:

- On your paper/phone notes/whatever....list out 3 of your own personal “tells” that your stress levels are high?

When you’re activated, what do you: look like, sound like, **feel** like?

1. Physiological – what happens to your body?

1. Do you turn red?

2. Do you shake?

2. Emotional – what happens to your mood?

1. Are you angry?

2. Are you sad?

3. Are you numb?/“checked out” emotionally?

3. Behavioral/relational/social – what happens to your behavior and/or relational engagement with others?

1. Do you isolate?

2. Do you become aggressive?

3. Lack of patience or compassion?



LET'S GO FURTHER!

- Of that list, notate whether any expression of stress occurs more frequently at home or at work and/or "flag" which one will help you become aware of it FIRST....

EXAMPLE:

Coping skill: I numb when overly stressed.

Body: I "forget" to eat and live on coffee so my body is exhausted, always.

Emotion: Nothing. Checked out.

AT WORK this looks like:

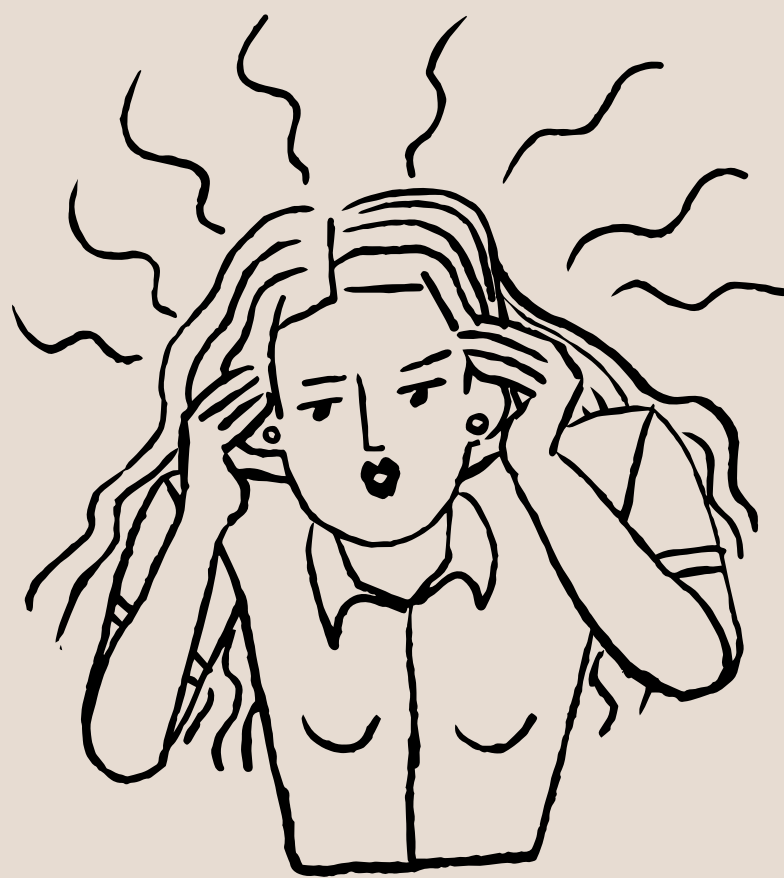
Behavior: I isolate. I don't really talk to anyone; don't engage in communication; don't go out to lunch or chit chat.

AT HOME this looks like:

Behavior: Not saying hello to my pup when I come home, not spending time with him or rushing him through his walks; not engaging with my brother



WHAT IS STRESS, REALLY?!



Positive

Brief increases in heart rate,
mild elevations in stress hormone levels

Tolerable

Serious, temporary stress responses,
buffered by supportive relationships

Toxic

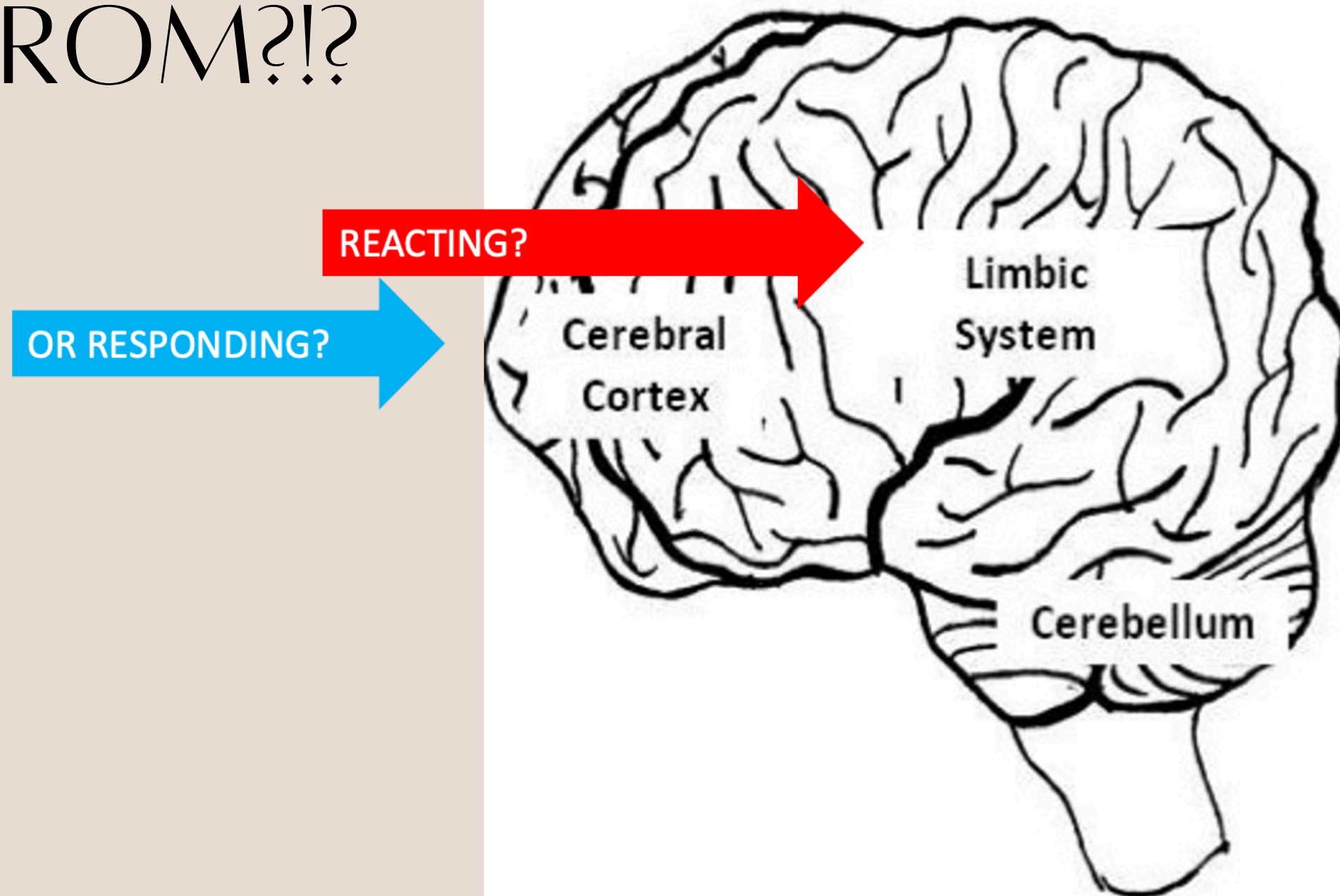
Prolonged activation of stress response systems
in the absence of protective relationships



WHERE ARE
WE
OPERATING
FROM?!?



The “3-Brain” Brain Complex



Cerebellum – the “motor control” part of our brains: *breathing, heartbeat and motor skills*

Limbic System – the “reactionary” part of our brains: *emotions, fight-or-flight, pleasure/reward and pain*

Cerebral Cortex – the “thinking” part of our brains: *reasoning, judgment, motivation, perception, memory and learning*



SO, WHY DO WE ACTUALLY STRESS?



TOP "REASONS" WE STRESS

PERCEIVED THREAT

under the guise of....

- Time
- Money
- Energy
- Home life
- Trying to "balance" everything
- Trying to do too much
- "Multi-tasking"
- PROCRASTINATION



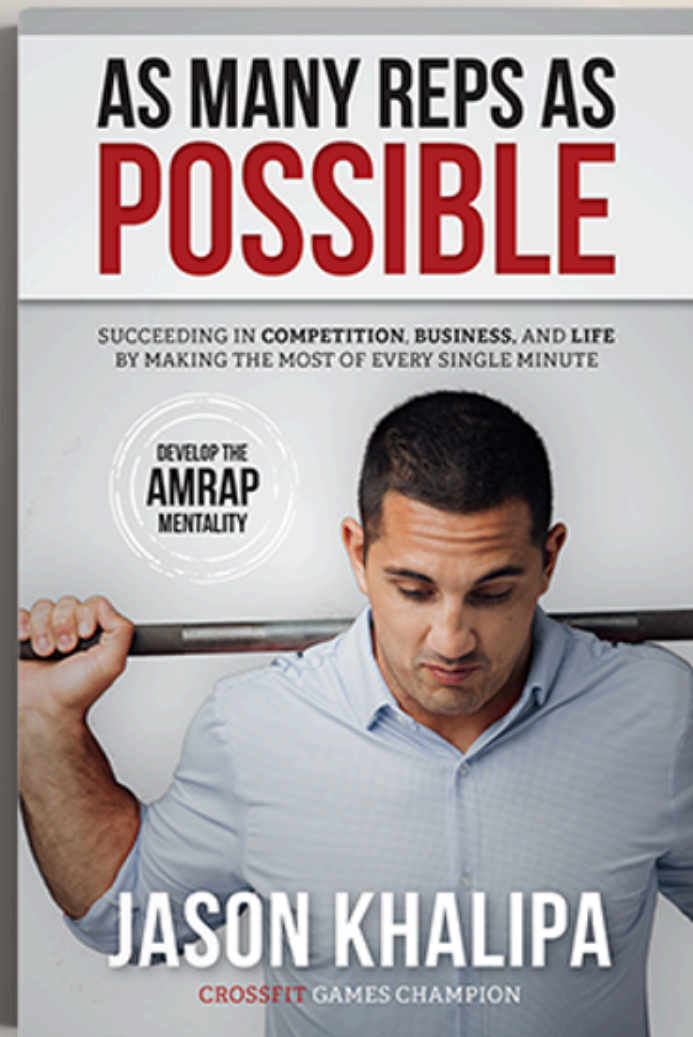
Find the **FEAR**

real or perceived.





<fail to plan>
<plan to fail>



Time Management

THE AMRAP MENTALITY





AMRAP — AS MANY REPS AS POSSIBLE

- The AMRAP Mentality – dedicating INTENTIONAL, FOCUSED TIME AND ENERGY to ANY aspect of your life/day; working against the clock – YOU vs YOU – to achieve all the things you need to in a day INCLUDING taking care of yourself, your family, and your work.

ACTIVITY



- Get your paper out again, flip it over. On the back:

List out your busiest day, what all do you have to attend to? What would need your time/attention/energy?

EX: My busiest day is being here while in my fitness challenge.

Challenge Tasks: read 10 pages; do 2 x 45 min workouts (one outside); follow a diet; drink a gallon of water; no alcohol/cheat meal(s)

Daily Tasks (business): check in on my clients, post on my social media, emails, WORK here with you (direct service)

Daily Tasks (personal): eat well, drink my water, pray/meditate, yoga, sleep

Daily Tasks (relational): be a good sister, dog mom, and friend

Time Sucker(s): Commute

PRO TIP:

DON'T JUST THINK ABOUT WHAT YOU NEED TO DO, THINK ABOUT WHO YOU WANT TO BE WHILE DOING THOSE THINGS

Now let's math a little bit



CHALLENGE TASKS: READ 10
PAGES; DO 2 X 45 MIN
WORKOUTS (ONE OUTSIDE);
FOLLOW A DIET; DRINK A
GALLON OF WATER; NO
ALCOHOL/CHEAT MEAL(S)

DAILY TASKS (BUSINESS): CHECK IN
ON MY CLIENTS, POST ON MY
SOCIAL MEDIA, EMAILS, WORK
HERE WITH YOU (DIRECT SERVICE)

DAILY TASKS (PERSONAL): EAT
WELL, DRINK MY WATER,
PRAY/MEDITATE, YOGA, SLEEP

DAILY TASKS (RELATIONAL): BE A
GOOD SISTER, DOG MOM, AND
FRIEND

TIME SUCKER(S): COMMUTE,

HOURS/TIME	ACTIVITY
9:00 PM – 4:00 AM	SLEEP
4:00 AM – 5:00 AM	Yoga/Stretch & pray (7 mins); Protein Coffee + read (8 minutes) + workout 1 (walk dog with weighted vest for 45 minutes outside during which time I do a Spanish lesson, check emails, text my Brother something nice, <u>etc...</u>)
5:00 AM – 5:30/6 AM (traffic dependent what time I <u>have to leave</u>)	Shower, get ready, pack food
6:00 – 7:30 AM	Commute...is that it?! NO! While I drive: listen to podcasts, audio books; plan my workday mentally; use voice memos or video for thoughts, ideas, TO DOs
7:30 – 12:00 PM	WORK 😊
12:00 – 1:00 PM	Lunch...is that it?! NO! I eat (10 mins), walk 45 (and read at the same time if I need to), and/or go to lunch with friends, be SOCIAL
1:00 – 5:00 PM	WORK 😊
5:00 – 7:30 PM	<u>Commute..is that it?!</u> NO! While I drive: listen to podcasts, audio books, mentally plan what I need to get done at home; take video/voice memos for journals/thoughts/ideas, TO DOs
7:30 – 8:00	Dinner with my partner, walk the pups, wind down
8:00 – 9:00 PM	Shower, yoga, relaxation/recovery work, <u>F off..whatever</u>

FURTHER STILL?!?! YUP!



Now, take that schedule and within “work” you can break that down even further based on each day’s tasks and prioritization; give yourself a time frame and GO HARD

- Leave space for breathing, bio breaks, distractions even

EX:

- 1.Check emails 8:00 – 8:30

- 2.Meeting/training at 9 AM

- 3.Talk to Joe about upcoming project 1030-11

- 4.Work on said project

- 1.Part A

- 2.Part B

- 3.Part C

This is WHY we do stress talks first and movement/relaxation/ wellness in the afternoon

Now, is EVERY DAY at work going to look like this? NO! This is why we stay flexible but planned and focused. Your task at work is to WORK, so do so./..whatever that means for you. But when you’re here ,. BE HERE



SO, HOW DO WE MANAGE STRESS? □

AT WORK, AT HOME, ANY WHERE

- Breathe
- Plan but stay flexible
- Eat well, sleep well, drink more water, move your body
- **Healthy coping**

AWARENESS
SELF—ASSESSMENT

just
BREATHE

DE-ESCALATION & REGULATION



Stop
BREATHE
& THINK

HEALTHY COPING

UNHEALTHY COPING

vs

“VENTING”

There are 2 ways to manage stress:

1. **Relaxed muscle body**

2. **ACTIVATING support systems**

– This is what keeps stress from becoming TOXIC when it could be tolerable

✓ Validation

✓ Support



REFOCUS INTENTIONALLY

CAN CONTROL

CHANGE

CAN'T CONTROL

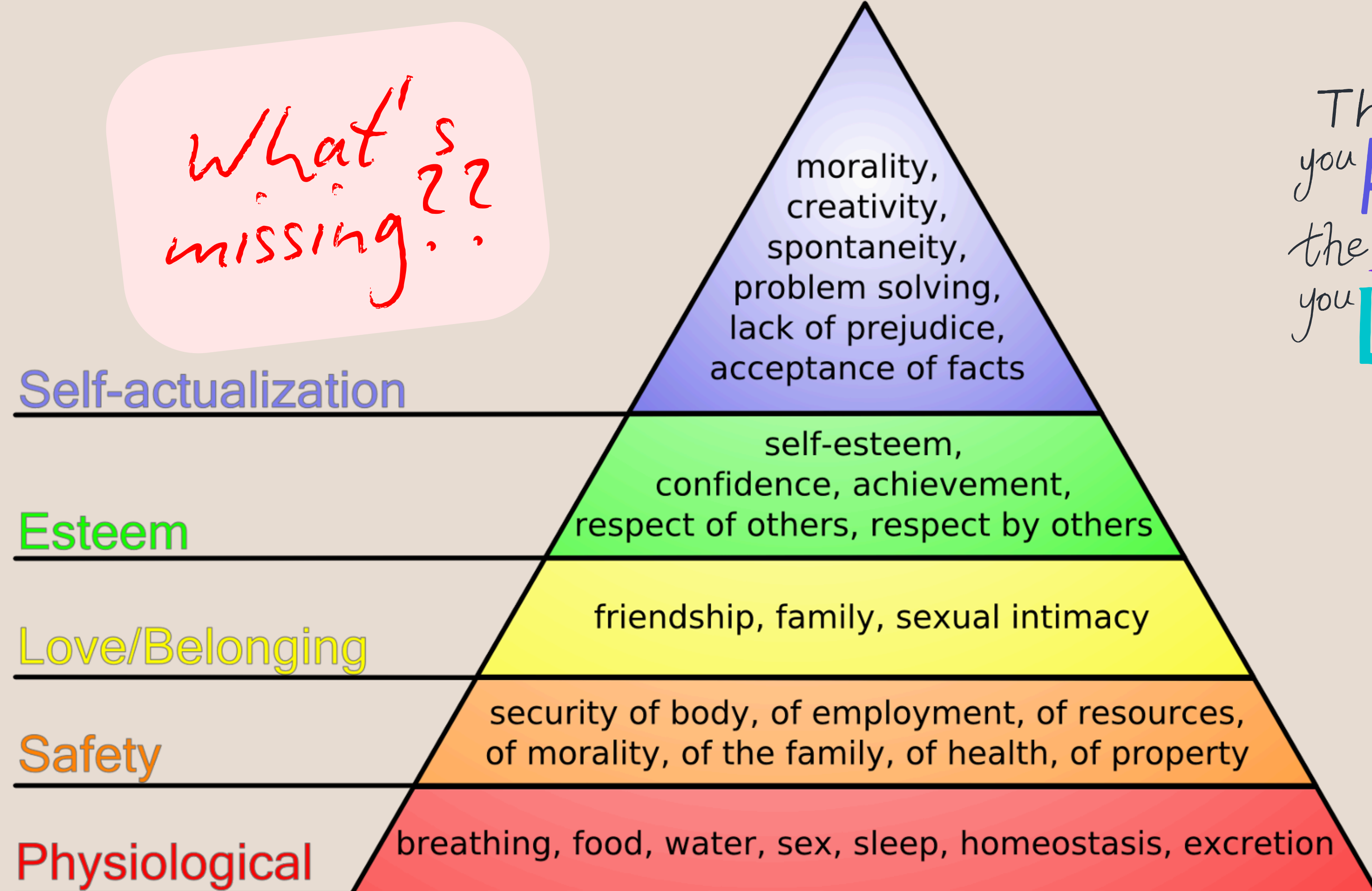
ACCEPT

TO DO

TO RELEASE

What's
missing??

The MORE
you REFLECT
the MORE
you LEARN





SO
WHEN YOU GET GRUMPY...
HECK, BEFORE YOU GET
GRUMPY, LET'S ASK...
WHAT'S ON YOUR
CHECKLIST?

HAVE I EATEN
HAVE I HAD WATER
DO I NEED TO URINATE
ARE MY MUSCLES TENSED? WHERE?
ACTIVE RELEASE HERE — BREATHE!

**Now, what's the next
right thing?**

HOW LONG DID THAT TAKE YOU??
HOW LONG DID THE DAY PLANNING
TAKE YOU??
BUT HOW MUCH PERCEIVED STRESS WILL
THESE 2 THINGS ADDRESS?



NOW, WHO'S RESPONSIBLE FOR APPLYING ALL
THIS?

WHO TENSES YOUR BODY?

SO, WHO CAN RELEASE IT?

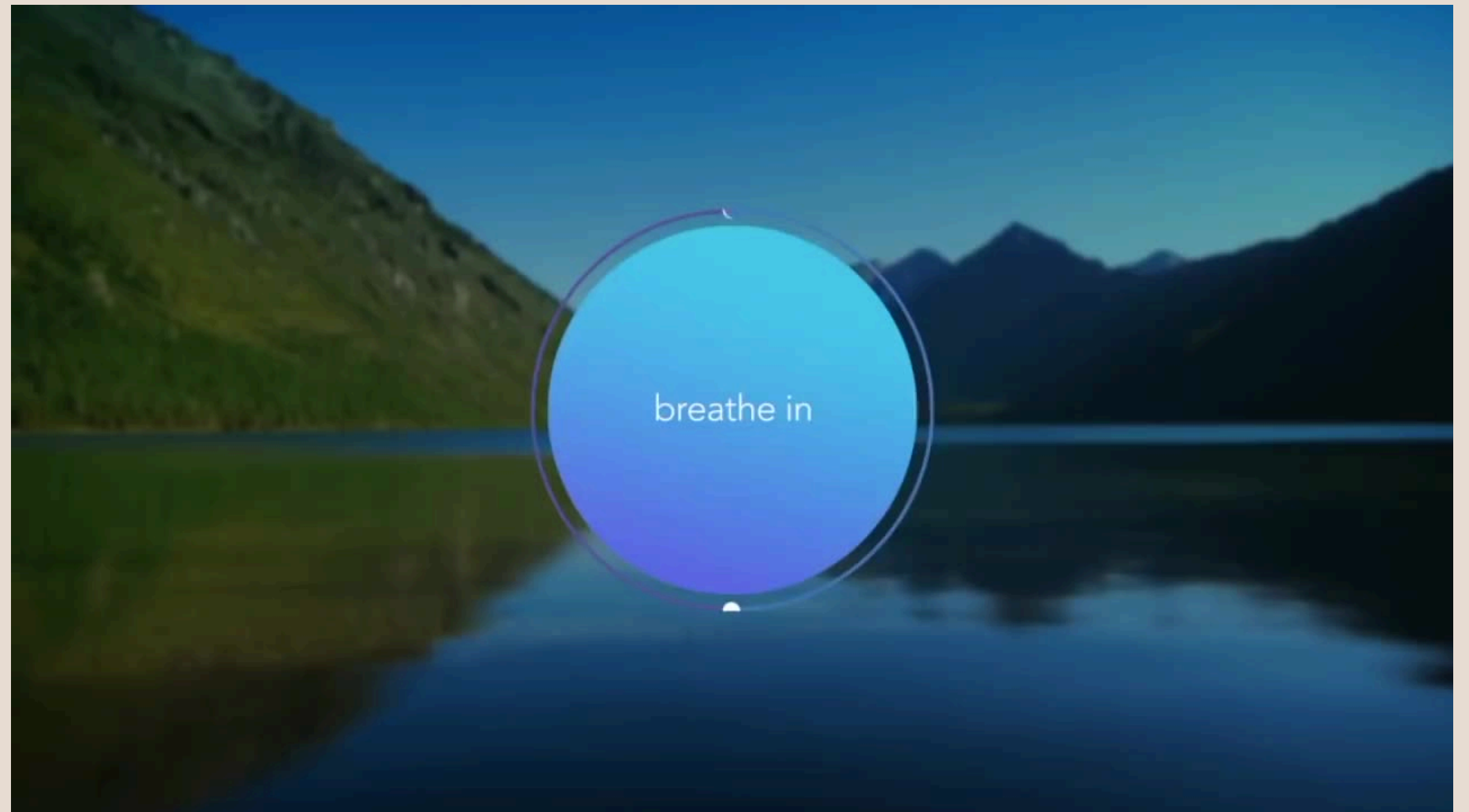
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QUESTIONS, THOUGHTS, REFLECTIONS?



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