

# Stress

Stress is often considered negative, and something to be avoided. At high levels for long periods, it can cause harm. In general day to day life, however, it is necessary for growth, performance and change. Here are some things to keep in mind.

- **The mindset we have** about stress impacts on how we respond to it. People who view stress as a signal for a growth opportunity, increase their ability to perform and have less negative physical and mental health impacts than others.
- **Consider that we all have 20 hurdles** (stressors) between now and an Olympic Gold medal! Each one is a challenge to be navigated, taking us one step closer to the finish line.
- **Stress is a signal that we care** about something and it matters to us. Eg Wanting to win the job, or deliver the project. It's a better problem to have than not caring about anything.
- **Language, including self talk, matters.** Be precise. Eg Instead of "I'll never get everything done in time", change it to "I need to get the first chapter done by Monday".
- **Avoiding or ignoring hard emotions amplifies them.** Acknowledge it with a label. "I'm feeling uncertain about the move". The minute you do, we lose less 'battery' trying to keep it at bay. How you slept 1-2 nights prior will often dictate how resilient you are 2 days later. Eat well, exercise and get good quality sleep.
- **Put your chips on something that you can influence.** Take an aerial view. Push yourself back from the table or desk and tilt your chin up. Problems are rarely solved by being even more in the problem. In fact, the solution will most likely be outside of it.