

A decorative graphic on the left side of the slide, consisting of a network of white lines and circles on a blue background, resembling a circuit board or a neural network. The lines are vertical and horizontal, with some diagonal connections, and the circles are small and white.

DEALING WITH THE STRESS OF CHANGE

THE THREE MAIN STRATEGIES FOR DEALING WITH THE STRESS OF CHANGE

- Change the situation
- Change your perception of the situation
- Activate your relaxation response

CHANGE THE SITUATION

- Reduce the causes of the stress
- Apply systematic problem solving
- Develop a plan
- Negotiate demands
- Assert your needs
- Manage time

CHANGE YOUR PERCEPTION OF THE SITUATION

- Re-framing
- Letting go, Accepting
- Thought stopping
- Counseling

ACTIVATE YOUR RELAXATION RESPONSE

- Jacobson's progressive relaxation
- Meditation, Deep breathing
- Visualization
- Exercise, Nutrition
- Seek support
- Biofeedback
- Take a break
- Affirmations

The background is a solid teal color. In the four corners, there are decorative white line-art elements that resemble circuit traces or a stylized tree structure. These elements consist of thin lines that branch out and terminate in small circles, creating a sense of connectivity and technology.

Want more information?

Contact us