

Pondering Point

When we feel stressed, we can feel it in our heads, our hearts and throughout our whole body. It can make us sick, stand in the way of our ability to think rationally and puts us in a very bad mood. Sometimes we take it out on people around us. While this may not be intentional, it does affect others. Not only can it cause a strain on our relationship, when they leave us, they may then transfer that stress onto others. This only gives us more to stress about! While we can't stop stressful situations from happening, we can control who we affect. Taking things out on people can create tension where there wasn't any before.

Stop the cycle before it starts.

Who else suffers from your STRESS?

Do you lash out at others when you're under pressure?

Does that, in turn, cause you more stress?



Imagine... cutting your stress in half – by not stressing others.

— From Pondering to Practice —

Activity

There are many moments when we walk into a meeting carrying over the stress from another situation.

Try “The Check In”

Share with others the mood or feelings you have even before the meeting begins. This will help inform others of your mental status, in the hopes that they will not take your mood personally. This takes the mystery out of your mood for others.

Another great idea is to learn from the past.

Try “The 360 Survey”

Look back to the past. Interview people you feel comfortable with – people you feel safe with. Ask them about a particular situation and how they saw you handle stress in regards to taking it out on people around you.

How did their responses make you feel?

What can you do to act differently in the future?

Use this data to stop the cycle before it starts again!

Self Reflection Activity

Next time you are stressed, take a moment to think about who you may impact if your stress caused you to not be present and/or communicate well with others.

Can you put yourself in the other person's shoes?

How may you actually be affecting them?

How will they, in turn, affect others?

Acknowledging that you wouldn't want someone else to suffer because of you, what is your plan moving forward?

Celebrate the way you handled this!

“It's not the load that breaks you down, it's the way you carry it.”

- Lou Holtz, Football Coach