

6 Tips For Managing Personal Stress

1. **Label your emotion.** The simple act of labeling our emotions reduces activity in the emotional brain and increases activity in the areas of the brain associated with focus and awareness. By labeling your emotions, you can better separate yourself from the experience and draft a clearer plan on how to handle it.

2. **Share what's happening.** Share your situation with a few close confidants who support you and can fill in for you as needed. Just knowing that others care about you can be extremely uplifting and can keep you going during difficult moments. Having people who can step in during your absence will help alleviate the burden and make sure that things move forward as needed.



3. **Increase your determination.** Commit to working through your challenges and to not let them gain the upper hand. This determination will push you through the most challenging moments when you may otherwise be inclined to pull back. Keep a collection of inspirational quotes handy, such as:

- “Permanence, perseverance and persistence in spite of all obstacles, discouragements and impossibilities: It is this that in all things distinguishes the strong soul from the weak.” (Thomas Carlyle) “The obstacle is the path.” (Zen proverb)

4. **Find the silver lining.** In almost every difficult situation, there are silver linings, including considering how many others may have it worse. For example, if you're struggling with a defiant child who is making poor decisions, consider how much worse off others may be in terms of their condition and disconnect.

5. **Reflect on how others did it.** Life is filled with stories of “failures” who endured challenges yet went on to achieve great successes. People such as Thomas Edison (failed repeatedly to invent the light bulb), President Franklin Roosevelt (crippled by polio), Charles Schwab and Richard Branson (struggled in school due to dyslexia) and Oprah Winfrey (domestic abuse) all overcome personal challenges to achieve greatness.

6. **Consider your impact.** As much as you are struggling, you are still needed by others. Your leadership, guidance, direction and support are critical elements in your organization and folks need you to be, well, you. Use such thinking to push yourself forward.