# Overcoming Workplace Stress and Uncertanity

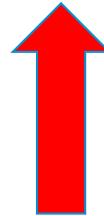Mini Workshop for Execs West Palm Beach

# Today

- Use principles to keep productive and successful amidst uncertainty

- Take command of our reaction to overall uncertainty so we can stay focused

- Commit to best practices for leading our teams during times of change

# Stress is real

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True    Or    False

# What are Worry and Stress?

**Worry -**

"Worry is what happens when your mind dwells on negative thoughts, uncertain outcomes or things that could go wrong."

**Stress-**

"Stress is a physiological response connected to an external event."



The New York Times

STUDENT OPINION

*Stress, Worry and Anxiety Are All Different. How Do You Cope With Each?*

Have you experienced an increase in stress, worry or anxiety recently? What do you do to deal with it?

Dr. Melanie Greenberg – NY Times March 11, 2010
https://www.nytimes.com/2020/03/11/learning/stress-worry-and-anxiety-are-all-different-how-do-you-cope-with-each.html

**Control?
Maybe not.**

**100% control**

**You have large
influence**

$$E + R = O$$

Event                    Reaction                    Outcome

# E + R = O

**E**
Corona virus deeply hurt my business/job

**R**
I find creative ways to connect with clients/employees /colleagues

**O**
I learn to work with the new normal, create business/job opportunities. Use time productively

# Principles from *How to Stop Worrying and Start Living*

1. Live in "day-tight compartments."
2. Remind yourself of the exorbitant price you can pay for worry in terms of your health.
3. Keep busy.
4. Cooperate with the inevitable.
5. Fill your mind with thoughts of peace, courage, health and hope.
6. Count your blessings – not your troubles.
7. Do not imitate others.
8. Create happiness for others.
9. Put enthusiasm into your work.
10. Get all the facts.
11. Pray.
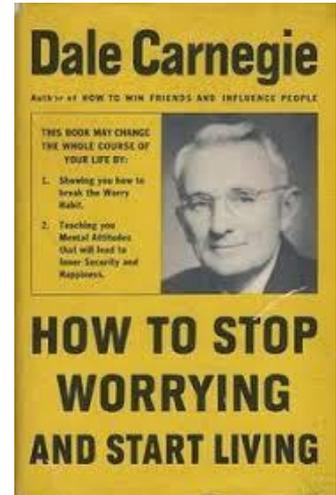
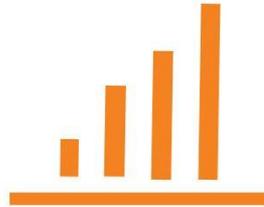# Best Practices for Leading Our Teams During Times of Change

# Up Skills to Emerge Stronger from COVID

**5 Crucial Reasons for Companies to Invest in Training and to Develop their Employees Now:**
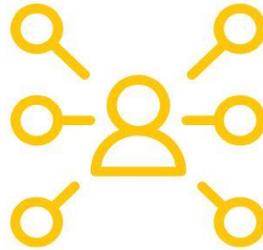
A resilient workforce will largely depend on having a positive mindset and the confidence to succeed.
View White Paper

New business models involving the acceleration of ecommerce and the automation of customer service and other jobs will require upskilling and reskilling of current workers.
View White Paper

Showing empathy, making employees feel valued and connected, and communicating effectively will be the key leadership skills required to develop and maintain productive and engaged virtual workers.
View White Paper

Critical thinking and problem solving together with psychological safety are essential for being agile in an atmosphere of increased autonomy and remote teams.
View White Paper

Employees who engage remotely with each other and their customers will require effective virtual social and emotional skills.
View White Paper

"Inaction breeds doubt and fear.
Action breeds confidence and courage.
If you want to conquer fear, do not sit home and think about it.  Go out and get busy."

- Dale Carnegie

"Inaction breeds doubt and fear.
Action breeds confidence and courage.
If you want to conquer fear, **please sit home, but while you're there, get busy!"**