



GRABBING THE VINE

5 STRESSORS THAT ACT LIKE QUICKSAND AND HOW TO ESCAPE THEM

Black & White Thinking?

LIVE IN THE GREY

Accept that multiple realities can be true. This can also be thought of as "living in the and." Picture life like a Venn diagram, and you are living in the middle of the intersections. You can make mistakes, AND still be good at your job.

SELF-COMPASSION

Instead of criticizing yourself to become perfect, focus on appreciation for all you can do by talking to yourself as you would a close friend: with care, patience and love.

Perfectionism?

Indecision?

PRINCIPLED DECISIONS

Spend a few minutes thinking about your values. Use this understanding of what "good" would look like to help guide your decisions, recognizing that you can only make the best one you can with the information currently available.

BE EASY TO LEAD

Employees who meet the needs of their manager (be it through achievement, collaboration or compassion) are more likely to have a strong relationship with their supervisor, and thus less stress at work.

Supervisor Conflict?

Stressed by Stress?

RECOGNIZE GROWTH

Certain types of stress have actually been proven to be beneficial for us in the long run. By seeing your current situation as an opportunity to learn and grow (and building a specific plan around that), you can use these stressors to take your performance to the next level.
