

Calling All Super Heroes

Coping with Workplace Stress

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Disclosures

The following faculty and planning committee staff have the following financial disclosures:

Name	Institution	Disclosure
Luzmary Alvarez	New York Blood Center	None
Hollie Devine, MSN, ANP-BC, AOCNP	N/A	None
Jackie Foster, MPH, RN, OCN	National Marrow Donor Program / Be The Match	Spouse, stock owner, Pfizer
Tom LaForce, MBA	LaForce Teamwork Services	None
Lisa Munson, CVA, MPNA	National Marrow Donor Program / Be The Match	None
Lara Rauchwarter	National Marrow Donor Program / Be The Match	None
Katie Schoeppner, MSW, LICSW	National Marrow Donor Program / Be The Match	None



Learning objectives

- At the conclusion of this session, attendees will be able to:
 - Identify signs and symptoms of stress
 - Recognize unproductive beliefs and assumptions that increase stress
 - Apply 1 problem-solving strategy to reduce stress at work
 - Create a plan to use a coping practice that works best for them more in their lives



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Stressor

An activity, event, or other stimulus that causes stress.

Stress

Our response to the stressors we experience.

A man with a beard, wearing a dark long-sleeved shirt and light blue jeans, is sitting on a brown leather couch. He is looking upwards and to the right, with his right hand resting on his forehead in a thoughtful or stressed pose. The background is a dark, textured wall. The lighting is soft, coming from the left, creating a contemplative mood.

What
STRESSES
You Out?

Physical

Emotional

Know Your Symptoms

Cognitive

Behavioral

Demands

Capabilities



Consequences

Change Your Thinking

"One has not only an ability to perceive the world but an ability to alter one's perception of it; more simply, one can change things by the manner in which one looks at them."

Tom Robbins



What's
True?



What **beliefs** affect your story?

A large, hand-drawn white outline of a smiley face is centered on a dark, textured asphalt surface. The drawing is composed of thick white lines. Scattered around the drawing are several dry, brown leaves of various shapes and sizes. In the top right corner, the words "Positive Thoughts" are written in a light blue, sans-serif font.

Positive
Thoughts

Solve the Problem





Use Coping Skills

A close-up photograph of a person's right hand with bright pink nail polish, holding a silver and black ballpoint pen. The hand is positioned over an open, blank, cream-colored notebook with a light gray grid pattern. The words "My Plan:" are handwritten in the top right corner of the right page. The notebook is resting on a light-colored wooden surface with a visible grain. A solid dark teal vertical bar is on the left side of the image.

My Plan:

Make and Implement Your Plan