Coping with Workplace Stress

Tom LaForce, MBA

Saturday November 10th, 2018
The following faculty and planning committee staff have the following financial disclosures:

<table>
<thead>
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<th>Institution</th>
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<tbody>
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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
Coping with Workplace Stress

Tom LaForce

laforceteamwork.com
Stressor

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

Stress

Our response to the stressors we experience.
What STRESSES You Out?
Know Your Symptoms

Physical

Emotional

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?
You got this!
Solve the Problem
Use Coping Skills
Make and Implement
Your Plan