Annual Legislative Training Assembly

Creating A Culture of Excellence: How to Identify and Manage Stress
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COMPACT FOR EXCELLENCE TEMPLATE

In order to do our best work and treat each other with respect and care, we each agree to/not to:

» Be open to and respectful of ideas, people, and the process
» Assume best intentions
» Listen to understand – then listen to reply
» Participate – Don’t hide / Don’t dominate
» Appropriate IT use

Adapted from Eickon & Davidson (2005).

Notes
GOOD STRESS–DISTRESS CONTINUUM

- Improved focus, motivation, endurance
- Mental, physical, emotional breakdown

Based on the work of Hans Selye

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STRESS MANAGEMENT PLAN

AWNARENESS → MINDSET → ACTIONS

How do you know you feel distressed?
What should you think when you feel distressed?
What actions should you take to manage distress?

OUTCOME AND REFLECTION

What do you want to happen?
How and when will you reflect on how well your stress management plan worked?
STRESS MANAGEMENT STEPS

1. Be aware.
2. Choose your response.
3. Grow and let go.

GROW-AND-LET-GO STRATEGIES

» Embrace challenges as opportunities to push and stretch yourself.

» View mistakes and failures as opportunities to learn.

» Continue to find ways to develop in areas of weakness.

» Seek the help of others.
STRESS MULTIPIERS
TO LOWER OR PREVENT STRESS LIMIT OR AVOID THE FOLLOWING:

Worrying about being perfect.
Worrying about making mistakes.
Worrying about the perception of others.
Worrying about how you compare to others.
Hiding struggles or weaknesses.
Not asking for help.
Blueprint for Life

Bring direction, purpose, energy, and adventure to your life by creating a blueprint for achieving diverse goals.

1. Identify your goals.
2. Organize and prioritize.
3. Develop a plan of action.
4. Get started today.
5. Monitor progress; revise as needed.

- People to meet
- Places to visit
- Educational goals to pursue
- Things to create, make, or build
- World/community problems to solve
- Hobbies to try

- Events to attend
- Things to learn how to do
- Things to improve about myself
- Adventure challenges to try
- Jobs or professions to try
- Things to accomplish in music, sport, &/or the performing arts

Adapted from Hal Urban

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Notes
### Blueprint for Life Map

Reflect on the prompts below and fill in five goals for each category. Think in terms of possibilities, not limitations!

<table>
<thead>
<tr>
<th>Hobbies I’d like to try:</th>
<th>Things I’d like to learn how to do:</th>
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<th>People I’d like to meet:</th>
<th>Things I’d like to improve about myself:</th>
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<th>Places I’d like to visit:</th>
<th>Things I’d like to accomplish in music, sport, and/or the performing arts:</th>
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<th>Educational goals I’d like to pursue:</th>
<th>Adventure challenges I’d like to try:</th>
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<th>Things I’d like to create, make, or build:</th>
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<th>World/community problems I’d like to solve:</th>
<th>Jobs or professions I’d like to try:</th>
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