1. **Stress Tolerance**
2. Definition: Stress is the “nonspecific response of the body to any demand for change” (Hans Selye).
3. Stress Tolerance Model:



1. **Strategies to Keep You Out of the Burnout Zone**
2. The basics: at least 7 hours of sleep a night, eat plenty of fruits and vegetables, exercise on a regular basis. It’s better to build these into your life before the stress gets too high, but you can start at any time.
3. Bubble Graph: Use the bubble graphic below to identify your stressors and see a graphical image of their significance in your overall stress level.

 (Adapted from *The Stress Effect*, Thompson, Henry L., pg. 188)

1. Attitude: Develop a view of how stress can help you perform better in at least one area:
* Your stressor:
* Your typical view:
* Alternative view:

1. Stress Inoculation: Face it down!

Example: Tell a story in front of a crowd to get used to public speaking (Toastmasters is a good organization to join for this.), ask for a project at work that forces you to stretch, etc.

* Choose a stressor on your bubble chart that you think you could eliminate if you faced it down.
* What is the stressor?
* What could you do to begin facing that stressor down? If it is learning to speak up in meetings, for example, you might make an index card with an idea you want to make sure you have input on in the next meeting. Then go in with the goal of stating that idea at the appropriate time and following up at least once. Start small with this one and grow in the area in which you want to achieve.
1. Make Choices: Instead of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, I will \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. (Ex: Instead of spending all day helping others, I will block out 4 specific hours a week to work alone in my office on my projects.)
2. Say “No” with a smile:

#1: I’m glad I ran into you, \_\_\_\_\_\_\_\_. I was wondering if you would mind running the raffle table at the event on Saturday. You’re so good with organizing that sort of thing and anyway, I know how much you like to be involved.

#2: \_\_\_\_\_\_\_, thank you for thinking of me. I appreciate the compliments. I won’t be able to run the raffle table this Saturday. I appreciate your asking, though. Maybe next time. Keep me on your list.

1. Delegate: Many online sources give instructions on delegating. This article is only a suggestion. It provides a good process and is short!

**7 Strategies for Delegating Better and Getting More Done**

 By Jayson DeMers

<https://www.inc.com/jayson-demers/7-strategies-to-delegate-better-and-get-more-done.html>

Burnout Zone



Comfort Zone