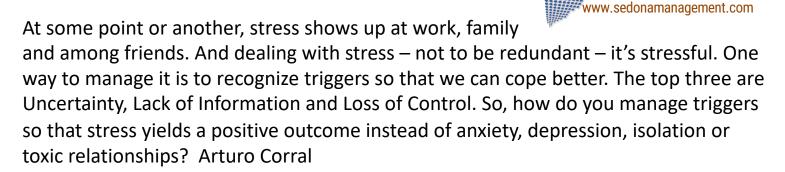
Question of the Week - June 12, 2022

How do you manage stress triggers?



314-546-0497

Leader Talking Points

Opportunity: Team-Building Activity

- a. Ask team members for examples of someone managing stress triggers outside of work.
 - Death in the Family: Losing a loved one in the family is devastating and highly stressful so having a feeling of emptiness is a stress trigger to recognize and to take the time to seek support.
 - 2) Other.

Discussion Points

- a. Ask your team for examples of dealing with stress triggers at work.
 - Meeting Sales Quota: Dealing with a sales quota at the end of the month and having only a couple of days to meet targets can be extremely stressful so need to reach out for support in order to meet expectations instead of getting so flustered that emotional you are not able to perform.
 - 2) Other.
- b. Ask your team for ideas on how to promote positive ways to deal with stress triggers at work.
 - 1) Sales Meetings: Seek out ways for the team to "chip" in and help an individual to meet targets.
 - 2) Other?

Team Challenge Activity

- a. Ask the team to offer one or two areas where dealing with stress triggers has been an issue.
 - 1) Example: Identify a situation where a team is challenged by having a co-worker who so stress out that he/she has toxic relationships with the rest of the team.
 - 2) Ask for a volunteer to take the lead to work with the manager and team on the selected opportunity and report back to team on next steps.

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