

## Question of the Week – June 12, 2022



### How do you manage stress triggers?

At some point or another, stress shows up at work, family and among friends. And dealing with stress – not to be redundant – it's stressful. One way to manage it is to recognize triggers so that we can cope better. The top three are Uncertainty, Lack of Information and Loss of Control. So, how do you manage triggers so that stress yields a positive outcome instead of anxiety, depression, isolation or toxic relationships? Arturo Corral

### Leader Talking Points

#### Opportunity: Team-Building Activity

- a. Ask team members for examples of someone managing stress triggers outside of work.
  - 1) 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.
  - 1) 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.