

Stress-Proof Leadership & Life

Stress-Free vs. Stress-Proof

What is Stress?

The distance between our...

- _____ and _____
- _____ and _____
- _____ and _____

stRESSED

- RES = skillset
- SED = mindset

R_____

Where do we find _____ in the world?

"Don't prioritize your _____. _____ priorities." - Dr. Stephen Covey

How can you recharge in 5 minutes?

Push through or _____? (The Yerkes-Dodson Principle)

E_____

What do you do when you can't create more time?

Managing time makes you _____.

Managing _____ makes you _____ and _____.

What _____ of tired am I?

Joy can be found _____.

S_____

"Ability brings with it the need to use that ability." – Albery Szent-Györgyi

S_____

Our stress levels are less about _____ and more about our _____.

E_____

Overwhelm is an invitation to _____.

The million dollar question: _____ are _____?

When we fail to do self-care, we can _____ and become a
_____. – Bobette Buster

D _____

Stress is less about _____ and more about
_____.

See the _____ behind the work (even when it's _____)!

Bonus for leaders: My _____ is a major source of _____ in my life.

s
t
R _____
E _____
S _____
S _____
E _____
D _____

What is ONE THING that I can do today to stress-proof my day?