**STRESS – TYPES & TIPS**

**TIME STRESS -** Maxing Out your Time Credit Card

**ANTICIPATORY STRESS -** Godzilla Syndrome

**SITUATIONAL STRESS -** The Myth of Sisyphus

**INTERPERSONAL STRESS -** The Office Episode

**Dealing with Time Stress:**

* **Learn to say “no”** (when you can)
* **State your limits in advance** (in a positive way)
* **Plan ahead as much as possible**
* **Take control of your surroundings**
* **Prioritize**
* **Schedule regular time for rest and relaxation**
* **Drop activities that sap your time or energy**

**Dealing with Anticipatory Stress:**

* **Plan – don’t leave things to the last minute**
* **Practice “thought-stopping” – refuse to replay negative scenarios**
* **Don’t try to eat the entire elephant at one time**
* **Take care of yourself**
* **Talk with someone; let them talk you off the ledge**
* **Adopt a mantra**

**Dealing with Situational Stress:**

* **Build a thick skin**
* **Leave work at work**
* **Reframe the situation**
* **Set realistic goals**
* **Build a support network**
* **Look at the big picture – will it matter in a year?**
* **Adjust your standards** (avoid leaping with the kangaroos)
* **Ride a rainbow!**

**Dealing with Interpersonal Stress:**

* **Track time spent with negative co-workers and reduce the amount of time you spend with them**
* **Learn to “let go”; forgive rather than remaining angry**
* **Avoid extreme reactions**
* **Remember: to change how others respond to you, change how you respond to them**
* **Make humor part of your life**

**Helping Learners Deal with Stress**

* **Set clear expectations**
* **Don’t do an information “dump”**
* **Recognize different learning styles**
* **Respect their experience**
* **Make content practical and immediately usable**
* **Nourish intrinsic motivation**
* **Create a positive learning environment by….**