

CHECK-IN: Stress Temperature

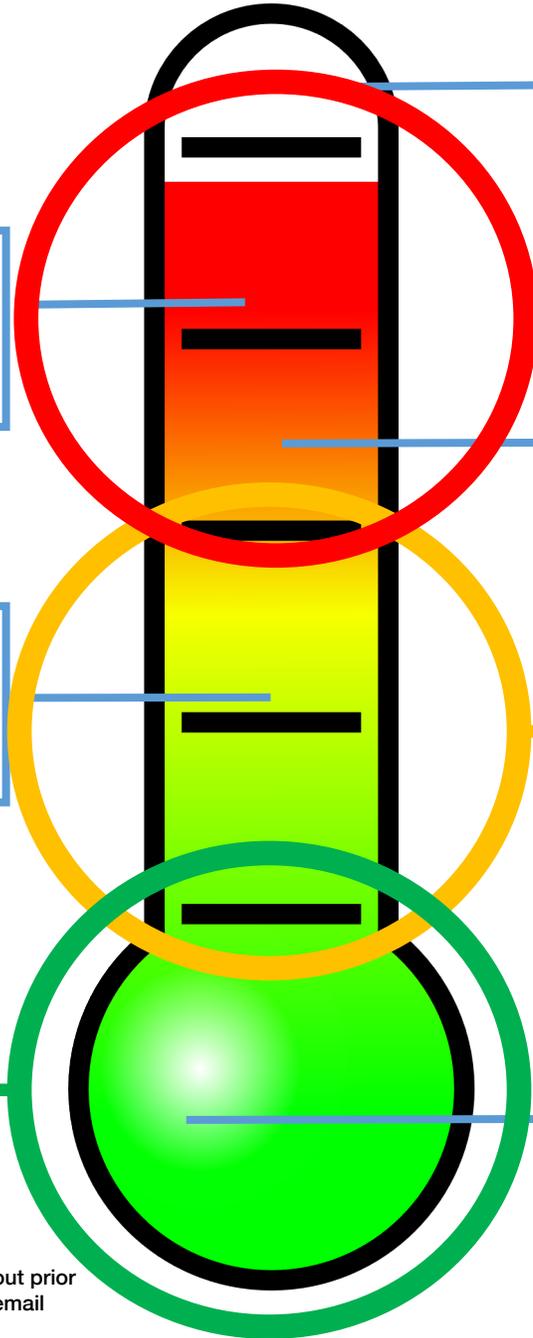
Where are you on this scale?

Anxiety

Busy but well

Innovation & Creativity

- Problem solve
- Idea generation
- Immune boost
- Connection, love, passion



Burnout

Stress

Peak Productivity

- Energy for difficult care tasks
- Efficiency
- Decisiveness
- Focused & practical

Mindful living

Panic & anxiety zone:

- Carer fatigue
- Poor communication
- Frustration, anxious thinking, easily triggered, suggestable
- Withdraw, disengage
- Catastrophising

CHECK-IN: Stress Temperature



"In RED, our body is screaming at us to take our fear fuelled thoughts seriously"
This is how, in relation to COVID-19, people get into panic buying mode and other fear fuelled behaviours. And we might all experience it at different times on different levels. So what do we do about fear responses?

1. Acknowledge the fear and that your stress temperature is spiking
2. Notice how your physical symptoms (heart racing, sweating, adrenaline surges) are trying to trick you into engaging in every 'what if' scenario in your mind
3. SLOW DOWN: it is harder to stay in panic when you move slowly - walk slower, talk slower and every time a 'what if' thought arises, SAG your body (don't tell yourself to 'relax')
4. Let time pass: the adrenaline fuelling your panic response will ALWAYS dissipate in time - relief will come.
5. Take action & make decisions when the adrenaline recedes - this is how we let panic pass. Fear makes everything FEEL urgent, but it is not.

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NEW: COVID-19 Employee Resilience Webinar series

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