

# Managing stress at work

# Personality Dynamics



## ○ Emotions

Allow to feel love, joy, pain and sorrow, which motivate a person to get closer to what they love and away from what hurts them

## ○ Action

Allow to materialize what was conceived by the imagination, analyzed by the reason and felt by the emotions and which constitutes the only means to transform a mental image into concrete reality

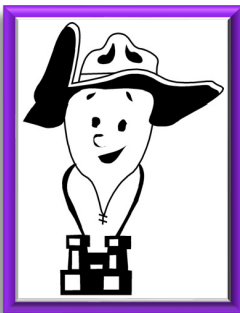
## ○ Imagination

Used to discover, create and invent all that is necessary to determine and satisfy needs

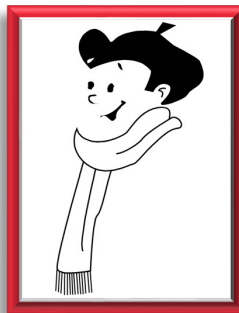
## ○ Reason

Used to analyze, interpret and classify experiences

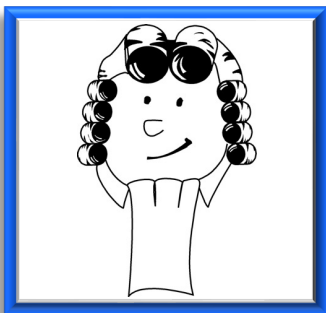




IMAGINATION



EMOTIONS



REASON



ACTION



# Usual trends that generate harmful stress



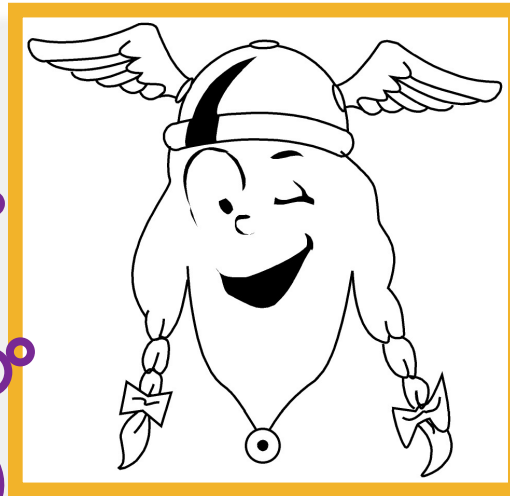
# THE WARRIOR

- ▲ I hate hesitation and waiting.
- ▲ We must act before it is too late.
- ▲ If I am asked to protect us and avoid mistake, I will.
- ▲ My action will be aligned with the vision provided to me.
- ▲ I will follow the guidelines.



# Pressure, I easily put it on myself

I must live up to the trust placed in me



I will show them what I can do

I never go back on the word I gave

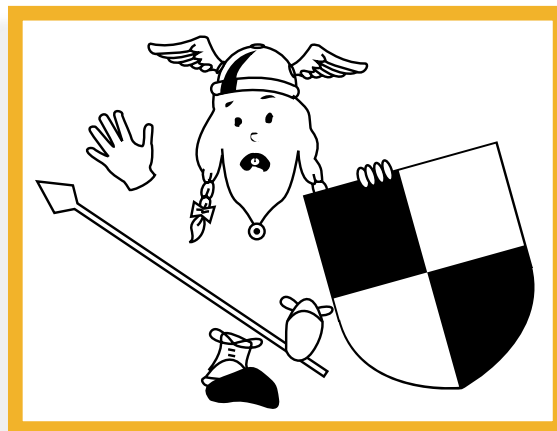
When I commit to something, I only stop when I've succeeded

I can't tolerate half-success. With me, it is all or nothing



# *Exhaustion...*

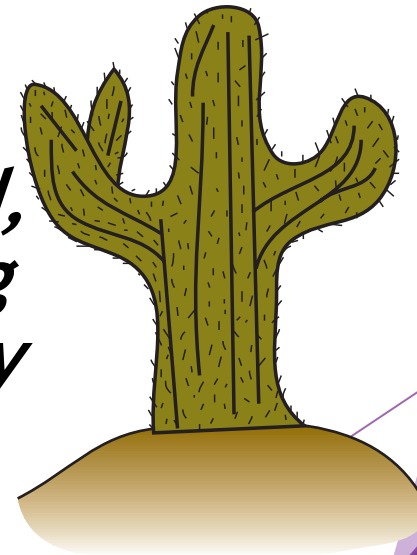
- ▶ *«I've had enough!»*
- ▶ *«I'm sick and tired of it!»*
- ▶ *«I can't take it anymore!»*
- ▶ *«I am exhausted!»*
- ▶ *«I am at the end of my rope!»*



# Wisdom teachings

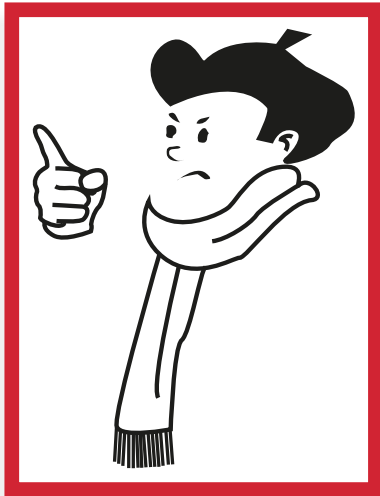


*«When someone is stressed, they are sensitive; wanting to protect themselves, they often becomes prickly!»*



# THE ARTIST

## When I'm under pressure, I tend to...



- Being frustrated, angry or complaining.
- Blame the others.
- Feeling like a victim of circumstances.
- Panicking.



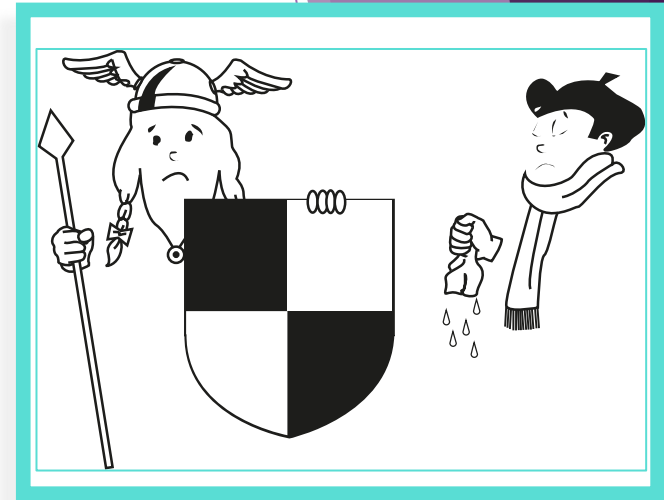
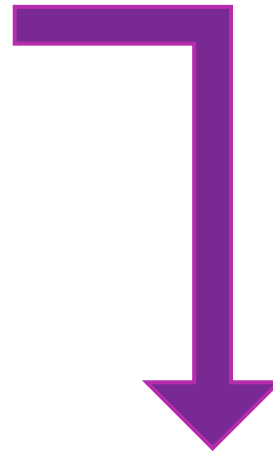
# *The extremes...*

- ▶ «*Outrageous!*»
- ▶ «*Disgusting!*»
- ▶ «*Humiliating!*»
- ▶ «*Unforgivable!*»
- ▶ «*The end of the world!*»





Anticipation of an  
*unpleasant*  
event



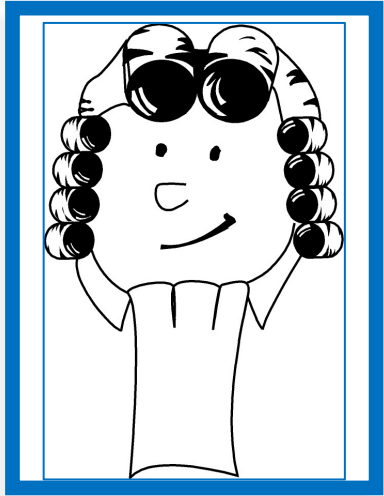
UNHAPPY-NESS

~~HAPPY-~~

produces  
HARMFUL STRESS



# THE JUDGE



- I do everything to ensure that we are protected.
- I like to slow down to observe and analyze.
- I'm anticipating problems.
- I don't want to rush anything and not disturb my good old habits.
- I tend to doubt.





# *Combined reactions*

The concerns of the **JUDGE**  
disturb  
**THE ARTIST** who  
anticipates problems of  
adaptation



**DIFFICULTIES**

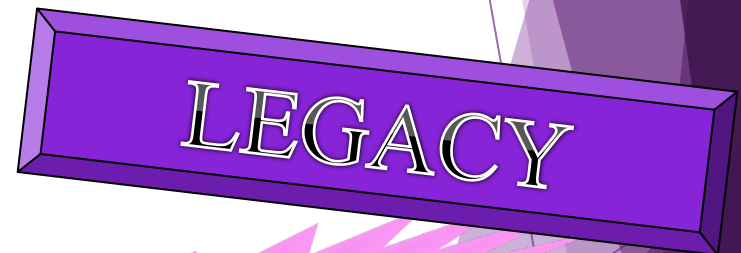
**PROBLEMS**

Potential losses



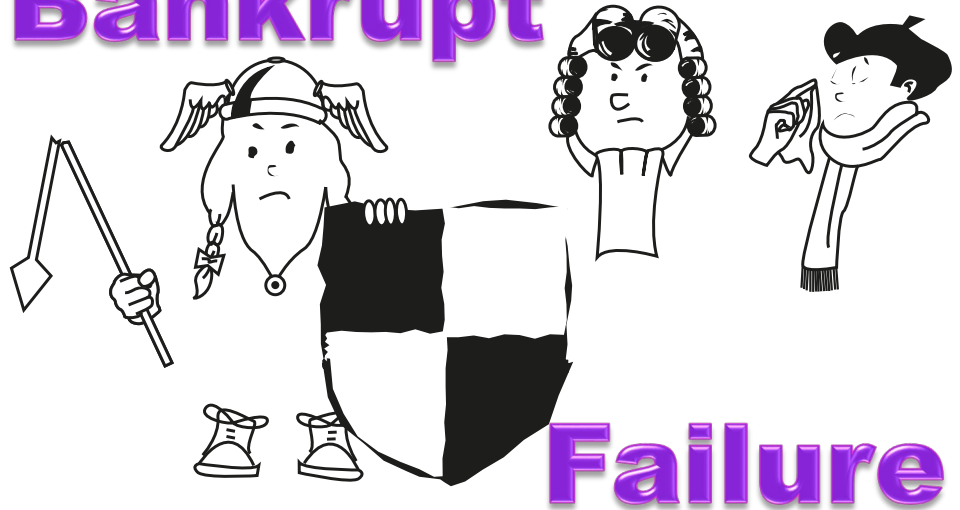
# *Reactions to pressures*

The **JUDGE** and the **ARTIST**, feeling overwhelmed, ask the **WARRIOR** to stand up for any symbol of the past.



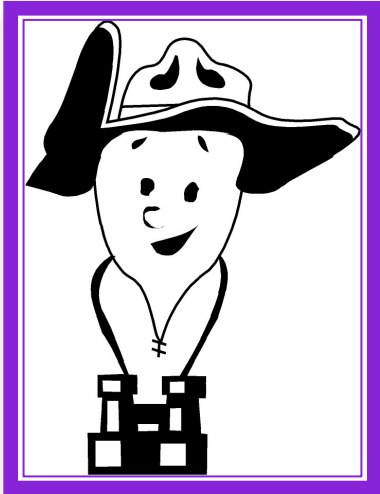
The **WARRIOR** self-image leads to a frustration on the **JUDGE** and depression in the **ARTIST**.

## Powerlessness Bankrupt



**DESTRUCTION OF  
SELF-IMAGE**





*Life is life...!*

**«Those who stressed can't appreciate it because they want to control it!»**

- I accept things as they are.
- I like discovering opportunities.
- I like confronting old methods and questioning their utilities
- I am tolerant.

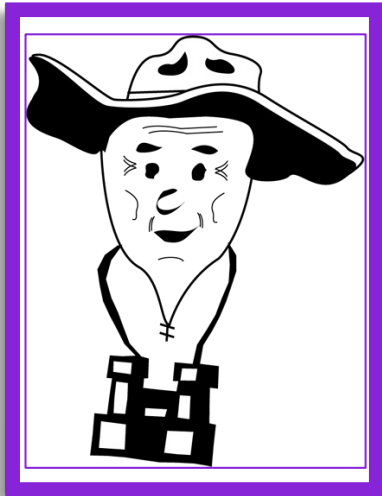


# Balancing the dynamics of "Daily life"



With a wisdom resulting from experience and self-reflection, the **explorer** becomes...

## THE PHILOSOPHER

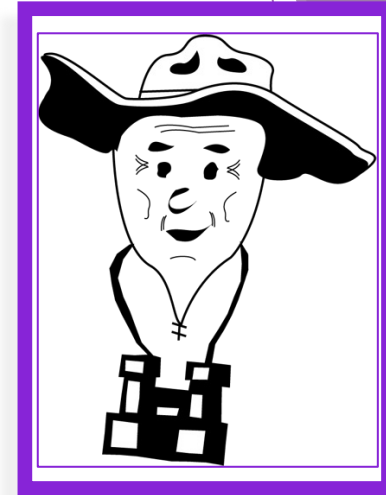


- He is constantly stimulating his creativity.
- He perceives life as so many secrets to be discovered.
- He trusts his intuition.
- He recognizes the existence of paradoxes and contradictions.



# THE PHILOSOPHER

- He adapts to situation instead of wanting to change them.
- He manifests a positive attitude despite the vagaries of life.



Acceptance that his freedom is  
subject to his previous choices



With wisdom resulting from experience and self-reflection, the **judge** becomes...

## THE MASTER

- He relativizes the weight of experience.
- He accepts the grey areas.
- He makes nuanced judgments.
- He is tolerant of the current limits of acquired knowledge and of the human condition.





# THE MASTER

- He fixes the priorities and adapts them according to the evolution of a situation
- He recognized the demands of rigor and perfection in all creation



Recognition  
and acceptance of  
its obligations



With wisdom resulting from experience and self-reflection, the **ARTIST** becomes...

## THE THERAPIST

- He controls his impulsivity.
- He pays attention and cares about what he does.
- He knows the level of pressure he can tolerate without putting his health at risk.
- He wishes to help, without being obliged, although he has the right to refuse to do so.



# THE THERAPIST

- It gives off a feeling of well-being and serenity without explosion or excess
- He is master of his feelings



Willingness to engage and  
desire to contribute



With wisdom resulting from  
experience and self-reflection,  
**the warrior** becomes...

## THE STRATEGIST



- He seeks ever-increasing speed and efficiency.
- He refrains from rash and reckless actions.
- He accepts the limit of his capacities without resignation.
- He withdraws when he realizes that failure is inevitable.



# THE STRATEGIST



- He shows he is proud of who he is and what he does
- He assumes the consequences of his actions and keeps his word

Recognition and acceptance of  
responsibility



~~All of a sudden that...~~

~~We were so good yesterday~~

~~And if tomorrow ...~~

LIVE THE PRESENT

LIVE THE PRESENT

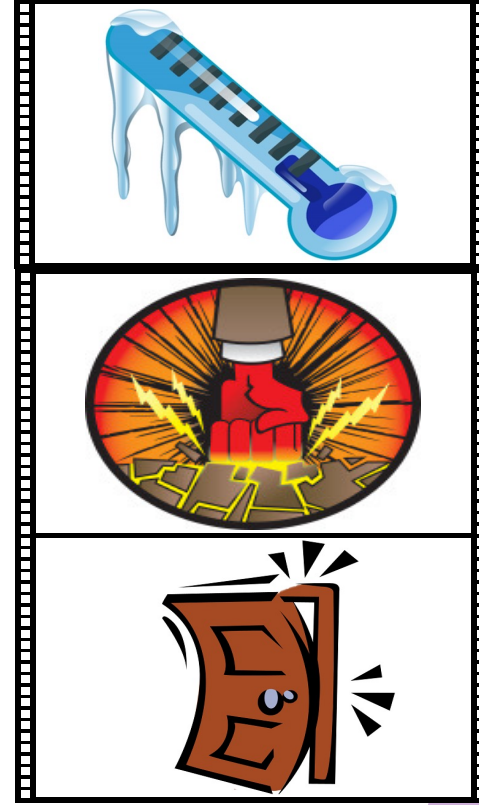
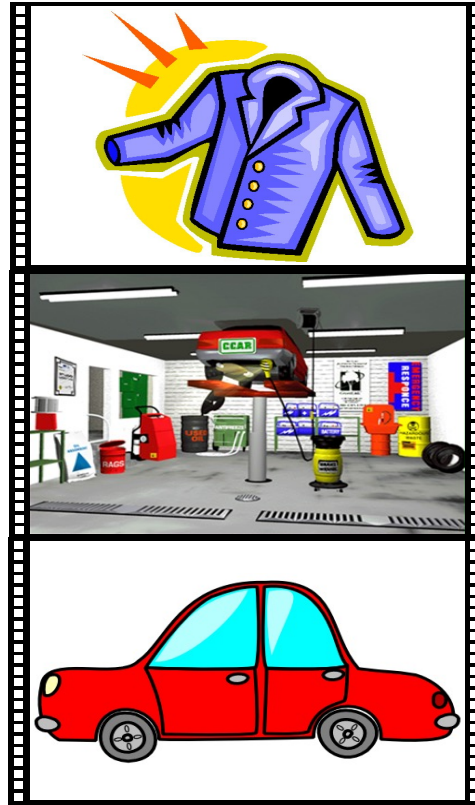
LIVE THE PRESENT

LIVE THE PRESENT





# An ordinary story...



# John has CHOSEN...

## And DECIDED

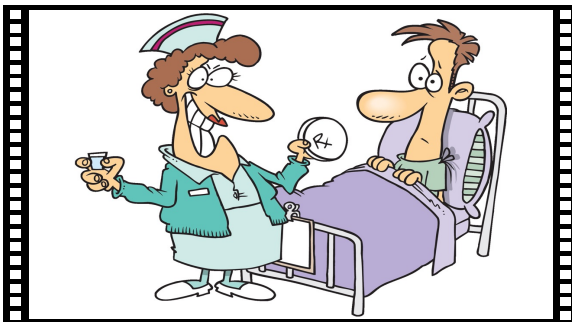
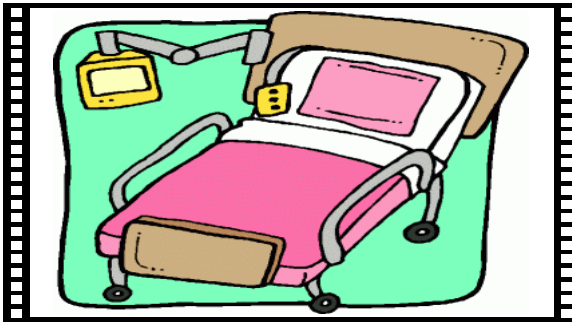
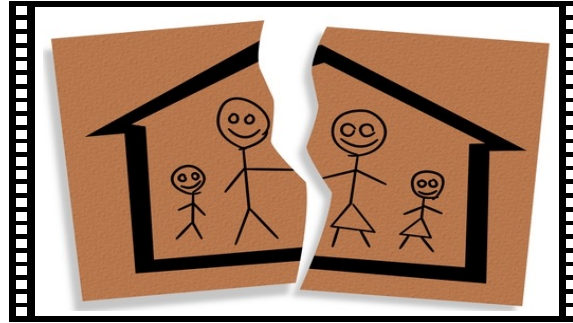
- ▶ To regret his behavior of the day before.
- ▶ To get angry at the kids
- ▶ To be disappointed not to have his blue suits
- ▶ To make a scene with the mechanic who had not noted his appointment
- ▶ To be impatient while waiting for the curtesy car
- ▶ To express frustration with the broken heating system
- ▶ To hurt his knuckles with a punch on his desk
- ▶ To close the door with violence





# An ordinary story...

## ...a possible continuation...



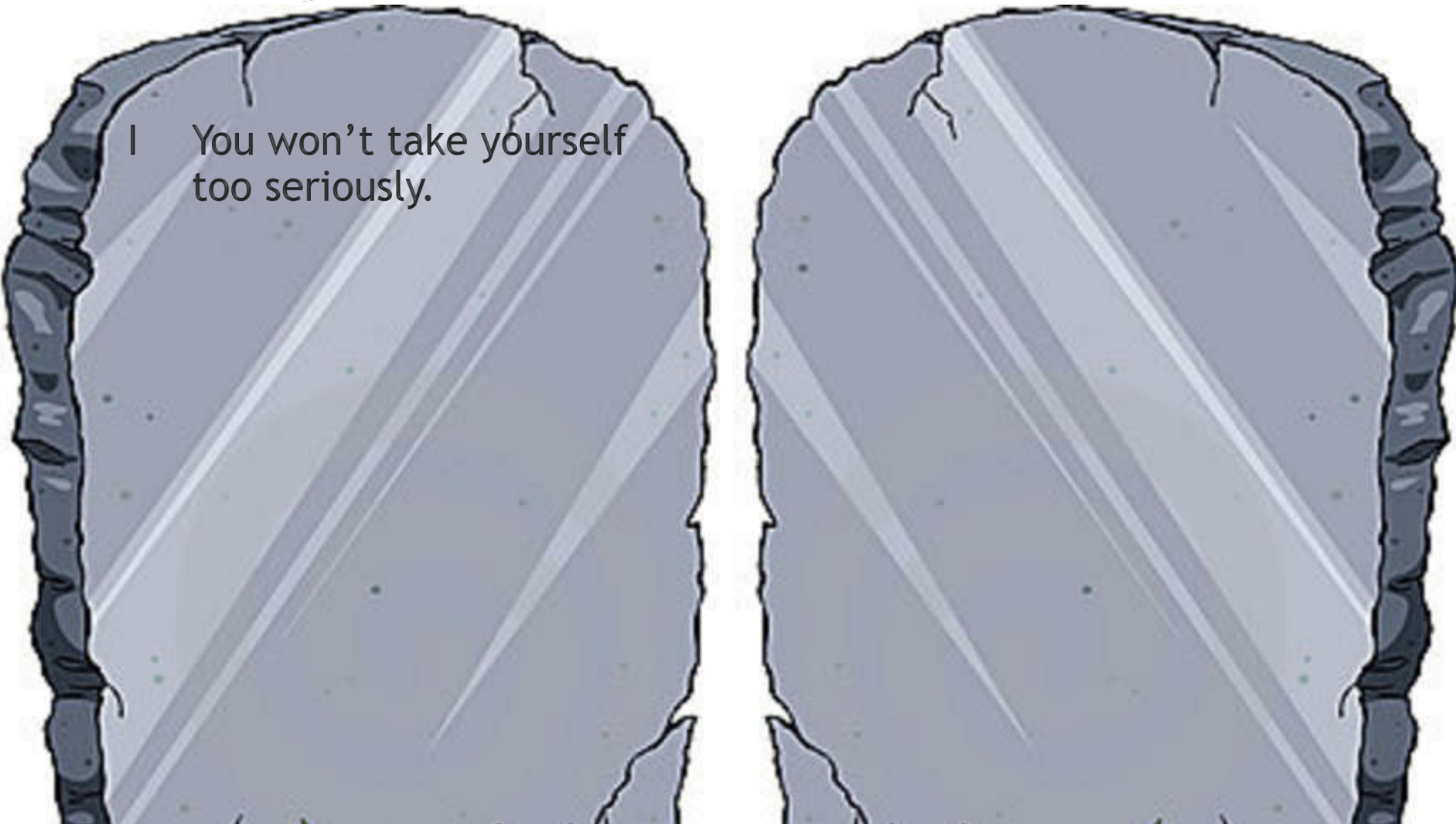
*«No one can afford to finish their day without having settled and filed the events experienced of that day.»*



# The ten commandments of anti-stress

I **You won't take yourself too seriously.**

I You won't take yourself too seriously.

The image shows two large, grey, cracked stone tablets with diagonal lines, resembling the Ten Commandments. The left tablet has the text 'I You won't take yourself too seriously.' written on it. The right tablet is empty.

# The ten commandments of anti-stress

II You will give yourself  
the right to be wrong.

I You won't take yourself  
too seriously.

II You will give yourself the  
right to be wrong.



# The ten commandments of anti-stress

III You will allow yourself  
to make mistakes.

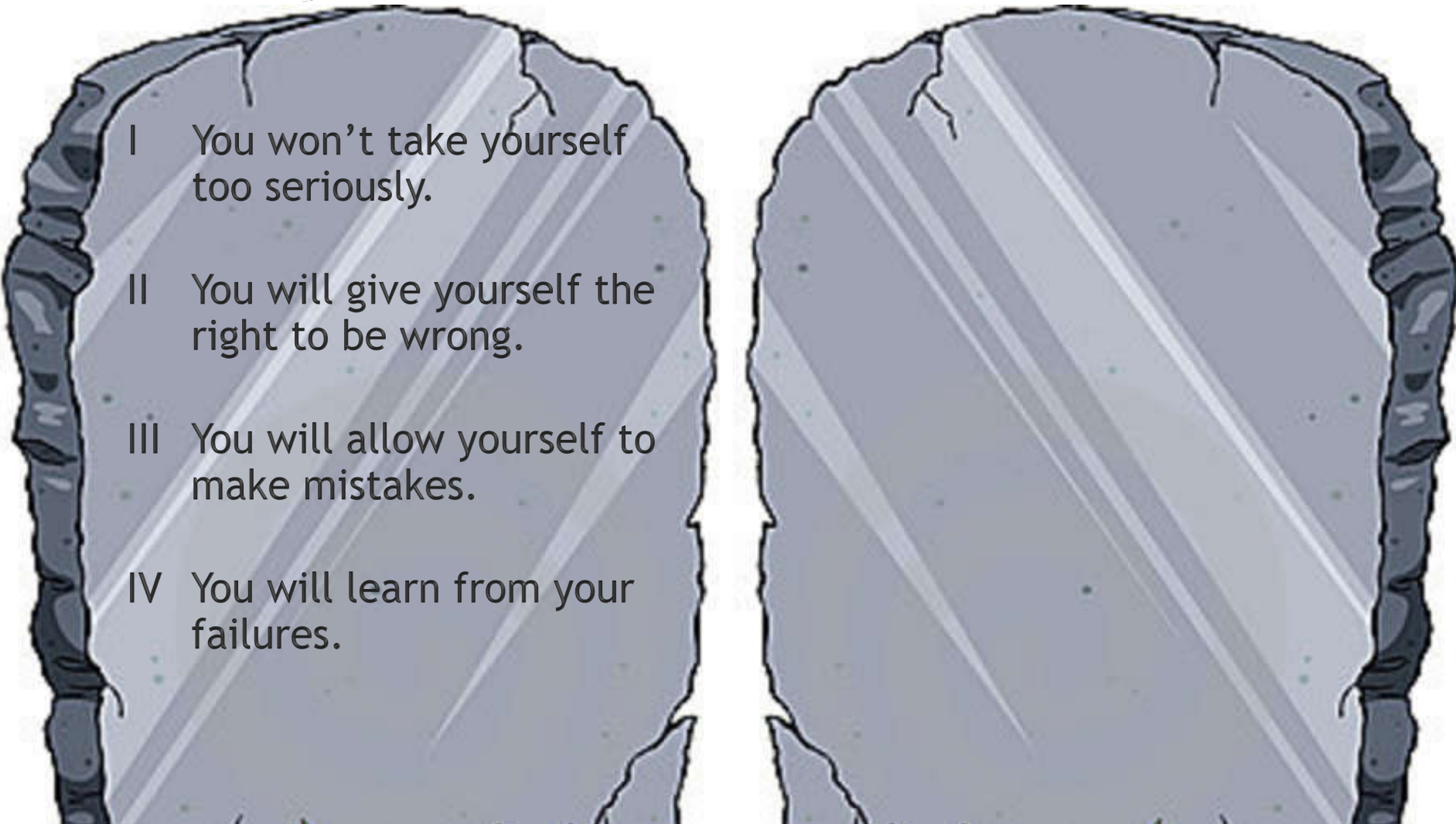
I You won't take yourself  
too seriously.

II You will give yourself the  
right to be wrong.

III You will allow yourself to  
make mistakes.

# The ten commandments of anti-stress

## IV You will learn from your failures.

- 
- I You won't take yourself too seriously.
  - II You will give yourself the right to be wrong.
  - III You will allow yourself to make mistakes.
  - IV You will learn from your failures.

# The ten commandments of anti-stress

V You will stop lecturing.

I You won't take yourself too seriously.

II You will give yourself the right to be wrong.

III You will allow yourself to make mistakes.

IV You will learn from your failures.

V You will stop lecturing.



# The ten commandments of anti-stress

VI You will chase away «should» and «shouldn't».

I You won't take yourself too seriously.

II You will give yourself the right to be wrong.

III You will allow yourself to make mistakes.

IV You will learn from your failures.

V You will stop lecturing.

VI You will chase away the «should» and «shouldn't».

# The ten commandments of anti-stress

VII You will banish the «I should have».

I You won't take yourself too seriously.

II You will give yourself the right to be wrong.

III You will allow yourself to make mistakes.

IV You will learn from your failures.

V You will stop lecturing.

VI You will chase away the «should» and «shouldn't».

VII You will banish the «I should have».



# The ten commandments of anti-stress

## VIII You will admit the inevitable.

I You won't take yourself too seriously.

II You will give yourself the right to be wrong.

III You will allow yourself to make mistakes.

IV You will learn from your failures.

V You will stop lecturing.

VI You will chase away the «should» and «shouldn't».

VII You will banish the «I should have».

VIII You will admit the inevitable.

# The ten commandments of anti-stress

## IX You will repudiate absolutes.

I You won't take yourself too seriously.

II You will give yourself the right to be wrong.

III You will allow yourself to make mistakes.

IV You will learn from your failures.

V You will stop lecturing.

VI You will chase away the «should» and «shouldn't».

VII You will banish «I should have».

VIII You will admit the inevitable.

IX You will repudiate absolutes.



# The ten commandments of anti-stress

X You will not play innocent.

I You won't take yourself too seriously.

II You will give yourself the right to be wrong.

III You will allow yourself to make mistakes.

IV You will learn from your failures.

V You will stop lecturing.

VI You will chase away the «should» and «shouldn't».

VII You will banish the «I should have».

VIII You will admit the inevitable.

IX You will repudiate absolutes.

X You will not play innocent.