



### Competencies that are addressed:

#### PRIMARY COMPETENCY CATEGORIES:

- **Stress Management—**

Differentiates between positive and negative stress. Maintains a balance between productive and unproductive attitudes and behaviors.

- **Adaptability—**

Open-minded to new ideas. Demonstrates flexibility when faced with changes in work expectations and environment. Responds to situations while maintaining a positive attitude.

- **Interpersonal Skills—**

Displays a consistent ability to build solid relationships of trust and respect inside and outside of the organization.

#### RELATED COMPETENCY CATEGORIES:

- **Communication—**

Practices active listening supported with meaningful oral and written information.

- **Decision Making—**

Obtains and understands facts, weighs risks, and objectively prioritizes alternatives that result in decisive action.

- **Leadership—**

Drives business results by aligning the vision, mission, and values to enhance business value.

# Keep Stress and Worry in Perspective

## SUMMARY

In this module, you will examine ways that you lose your perspective on stress and worry in your lives and develop ways of getting your perspective back on track. You develop stress management strategies based on three pillars of perspective: physical, mental, and social.

## CONTEXT

Many of you have had the experience of feeling very stressed out and worried about a situation on one day and then calmer and more positive a day or two later. Assuming that the situation itself remains worrisome, the only thing that has changed is your perspective. Many factors impact your stress perspective on a day-to-day basis, both factors within and outside of your control. Keeping stress in perspective impacts every area of your professional life, from self-discipline to relationships.

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### At the completion of this module, participants will be able to:

- Assess their individual perspective on stress and worry
- Plan to keep stress in perspective on an ongoing basis
- Commit to principles for keeping stress in perspective

*“There is nothing either good or bad, but thinking makes it so.”*  
—Shakespeare