

Activity: Supporting through stress

About this activity

With the pressures of modern life, most of us will have suffered from stress while still needing to get the job done and put in, at the very least, a 'satisfactory' performance. Some of us have difficulty acknowledging that this happens to us, but we may be prepared to admit to feeling hassled, depressed or unfulfilled at the end of the day – a sure sign we have been under stress. Working this way impacts our performance.

Many of us can relate to instances in which stress has caused us to become unusually aggressive, or perhaps manipulative. However, others are affected differently and may instead react very passively when we are stressed. This activity will help you identify how you respond to stress. Raising this awareness can be very helpful in finding new strategies and behaviors to better handle future stress.

This peer-learning activity is to be completed with one or two people from your cohort. Get together either face-to-face or virtually to discuss the impact of stress.

Activity

As a group:

- Note down three situations in which you have experienced stress and, although it impacted your performance, you still delivered
- Note down what caused the stress in each of these three situations
- Note down how you reacted to this stress. What behaviors emerged?
- Discuss what you believe causes stress for each of the four color energies. You can use the below graphic as a reference:



Activity: Supporting through stress

Once your group has identified the causes of stress for each colour energy, identify what signs you might see that indicate each color energy is experiencing stress. You can use the below diagram for guidance:



Reflecting on your identified situations, discuss:

- How did the situation match up with the stress-triggers of your inclined color energies (above the line)?
- How did you react, and can you identify with the stress signs in your inclined color energies?
- Finally, as a group, identify what you could do to remedy the stress in each color energy – using the below graphic as a guide:



Activity: Supporting through stress

Further discussion points

- What might be causing stress to you and your peers currently?
- Can you draw any parallels between your personal stress creators and those that the group are experiencing?

Application

- What one thing could each person do more proactively to remedy their own stress?
- What could you avoid doing, that may be adding to your stress (e.g. avoidance, procrastination, blame, etc.)?
- What could your group or cohort take ownership of now to manage collective stress?
- What is the first action that you will take to do this?



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Discuss what you've learned with your manager in your next meeting. Fill out the below to support your conversation.

What causes stress for me?	How do I react to this?

Are there any stress factors within my control to change?

What can I do to alleviate stress for those I work with?
