

Success or Stress

The Art of Life Management

Keith Neuber, M.S.

I K.A.N. Presentations

keith@ikan2.com

Training Outline

- ◆ Understanding Human Energy
- ◆ Influences on Decision Making
- ◆ Functional and Dysfunctional Patterns
- ◆ Motivation for Change
- ◆ Taking Control
- ◆ Practical Applications

Understanding Human Energy

◆ Biology 101

- Heredity

- Nervous System

- Life Paradigm

 - ◆ Pain, rage, behavioral response, gratification

Understanding Human Energy

- ◆ Energy Types
 - Physical
 - Pyschic

- ◆ Energizers and drains

Influences on Decision Making

- ◆ Environmental Influences
 - Experience (Trial and Error)
 - Role models
 - Culture

Influences on Decision Making

◆ Equilibrium


- Balance theory
- Disequilibrium
- Stress = Energy for change

Influences on Decision Making

- ◆ Identify three circumstances that really annoy you
 - At work
 - At home
 - About yourself

Influences on Decision Making

◆ Issues of Power and Control

- Overt power
 - Covert power
 - Resistance
 - Empowerment
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Influences on Decision Making

- ◆ Key impacts on your decision making
 - Values
 - Expectations
 - Timelines
 - Objectives
 - Motivators
 - Fears
 - Vulnerabilities
 - Needs

Influences on Decision Making

- ◆ Benefit/Cost Ratio of Decision Making
 - Perceived payoff exceeds perceived cost
 - behavior exhibited
 - Perceived cost exceeds perceived payoff
 - behavior inhibited

Functional and Dysfunctional Patterns of Behavior

- ◆ Attitude Patterns
 - General
 - Unclear origin
 - Resistant to change
- ◆ Behavior Patterns
 - Specific
 - Outcome driven
 - Susceptible to change

Functional and Dysfunctional Patterns of Behavior

- ◆ Behavior patterns
 - Communication patterns
 - Action patterns
 - Stress patterns

Functional and Dysfunctional Patterns of Behavior

◆ Signs and Symptoms of Stress

- Headaches
- Indigestion
- Bowel control issues
- Fatigue
- Nervousness
- Startle response
- Indecisiveness
- Impaired judgment
- High blood pressure
- Worry
- Muscle tension
- Dry mouth
- Clammy hands
- Irritability
- Confusion
- Impulsiveness
- Chest pain
- Shortness of breath

Functional and Dysfunctional Patterns of Behavior

◆ Responses to Symptoms

- Over-response – hypochondria
- Under-response – tolerance
- Denial – coincidence
- Delayed – procrastination

- Assessment – evaluating contributors and options


Functional and Dysfunctional Patterns of Behavior

◆ Stress Related Disorders

- Anxiety
- Panic attack
- Phobia
- Mood disorders

Taking Control


◆ Life Management

- Physical
 - Intellectual
 - Emotional
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Taking Control

- ◆ Physical Wellness
 - Think medically first
 - Impact of consumption
 - Energy outlets
 - Sleep patterns

Taking Control

- ◆ Structuring for Success
 - ◆ Written rules – clear expectations directly associated with logical consequences
 - ◆ Unwritten rules – unclear/unspoken expectations associated with either no consequence or a surprise consequence
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Taking Control

- ◆ Unwritten rules
 - Anxiety provoking
 - Inconsistency
 - Invites risk taking
 - Frustration
 - Blame

Taking Control

- ◆ Written rules

- Predictable
- Ownership
- Accountable
- Safe

Taking Control

- ◆ Developing a Personal Life Plan
- ◆ Objectives
 - Specific
 - Realistic
 - Measureable
 - Time-limited

Taking Control

◆ Personal Responsibility

- Choices
- Consequences
- Accountability
- Change

Applications

- ◆ Work
- ◆ Home
- ◆ Self

Applications

- ◆ Reasons Self-management Plans Fail
 - Lack of written rules
 - Inconsistency of personal accountability
 - No timelines
 - It's okay to fail because the only person I am hurting is myself
 - Wrong motive
 - Shoulds vs. wants
 - Rationalizing

Applications

- ◆ Finding Balance
 - Healthy outlets
 - Venting to, not at
 - Redefining priorities
 - Finding the fun
 - Restructuring
 - Relabeling
 - Reframing

Perspective Management

- ◆ Change what you can
- ◆ Adjust to what you can't change
- ◆ If you're not having fun, you're doing it wrong.