

2023

California

STATE HR ADVOCACY &
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STATE COUNCIL OF SHRM



Designed and Presented by:

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Stress Management in the 2023 Legal Jungle!

*How to Put Yourself Back in the Driver's Seat and
Take Back Control of Your Stress*

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BETTER WORLD™



Willing and Able

Able



Willing



Knowledge is Power.





Totally Stress Free?

What Are Your Stressors?



3 Reasons I Do This Exercise.



#1 You are not alone.

Top Ten Stressors:



- 1. Personal finances**
- 2. Career**
- 3. Too many responsibilities**
- 4. Marriage/Spouse/Partner**
- 5. Health**
- 6. Children**

#2

Some Stress
is Good Stress.



3 Reasons I Do This Exercise.

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Top Ten Stressors:



7. Loneliness

8. Current Events

9. Relatives

10. Neighbors/Community

Top Ten Stressors



1. Personal Finances
2. **Career (employees, customers, boss)**
3. Too Many Responsibilities
4. **Marriage/Spouse/Partner**
5. Health
6. **Children**
7. **Loneliness**
8. Current Events
9. **Relatives**
10. **Neighbors/Community**

What do they have in common?

Other People!



#3

3 Reasons I Do This Exercise.



My Siblings!

My Brother Jeff





It's About the Choices We Make.

POP

What Stress
Busters Can
You identify?

Might be a
prize in it!!

QUIZ!

Old School.

Exercise

Eat Right

No Alcohol

Get enough Sleep



This *Isn't* Your *Mama's* *Stress Management!*

Enjoy the Ride

Allow a Break

Learn to Laugh

Work Where You
Have the Power



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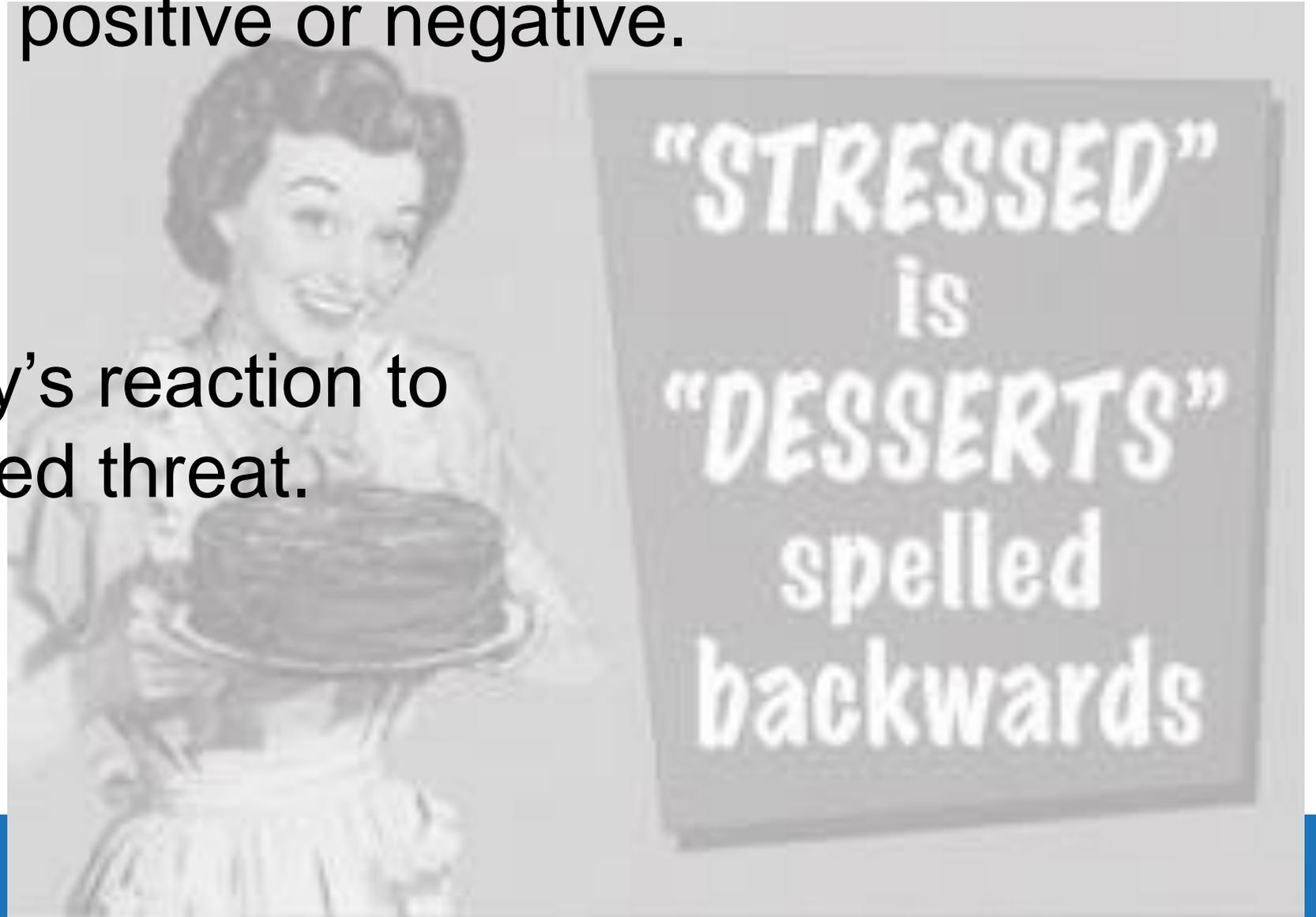
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Stressor: Something asking us to respond.
It is not positive or negative.

Stress: Your body's reaction to
a perceived threat.





E + P = S

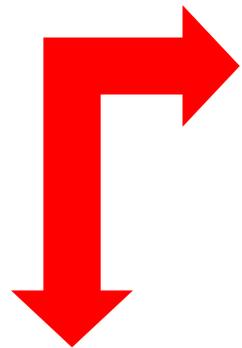
What Is Stress?



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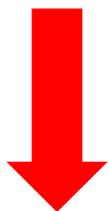
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Stress



Physical Manifestations

Mental Manifestations



Immediate
Short Term
Long Term

Your Little
Inner Voice

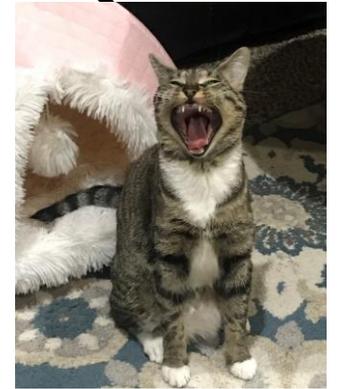


Optimal Stress

Efficiency
Level



Best at
Optimal
Stress

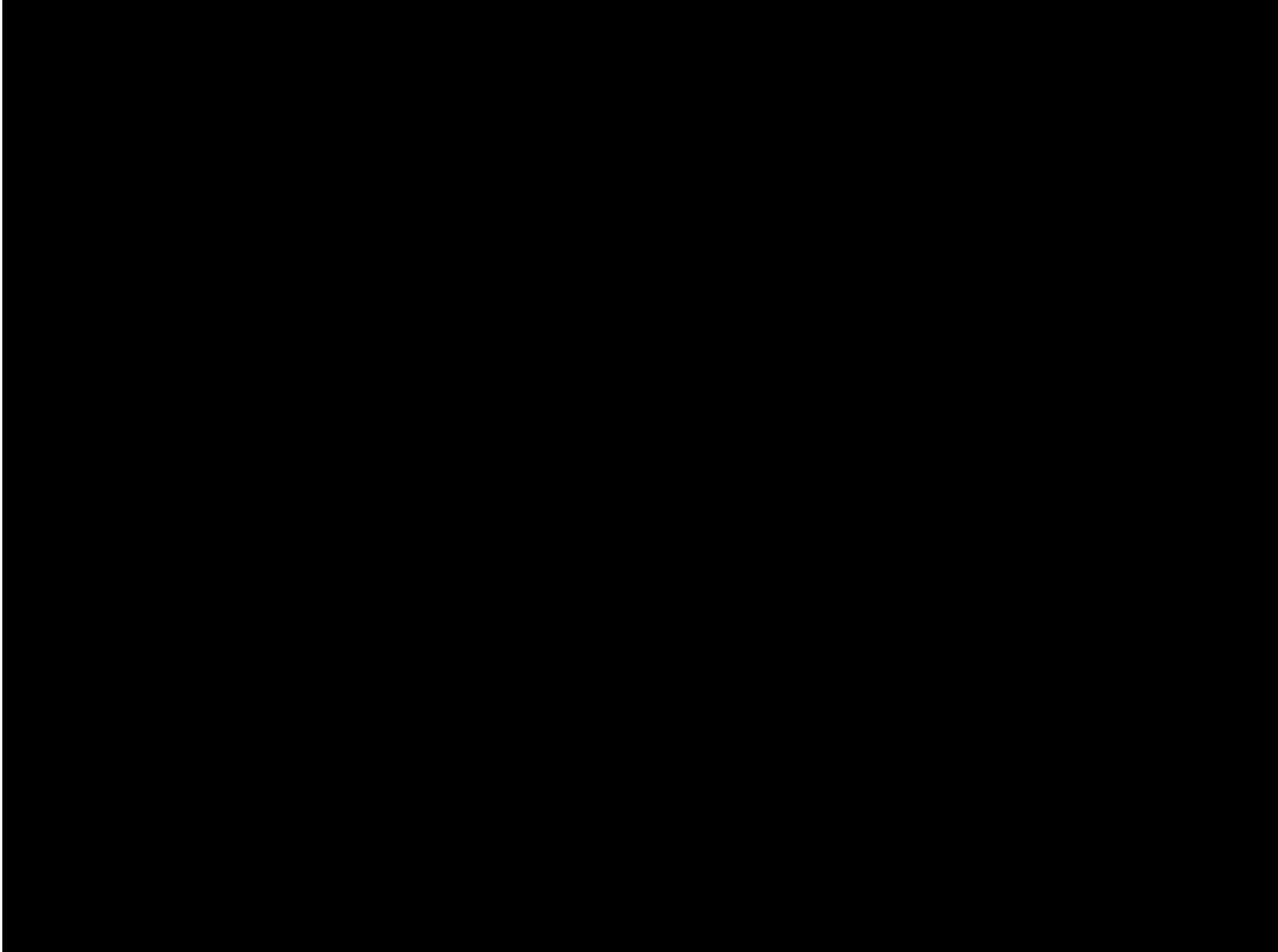


Stress Level

Bored out



Burned out



Let Yourself Be Uncomfortable.



Let's Play a Game!



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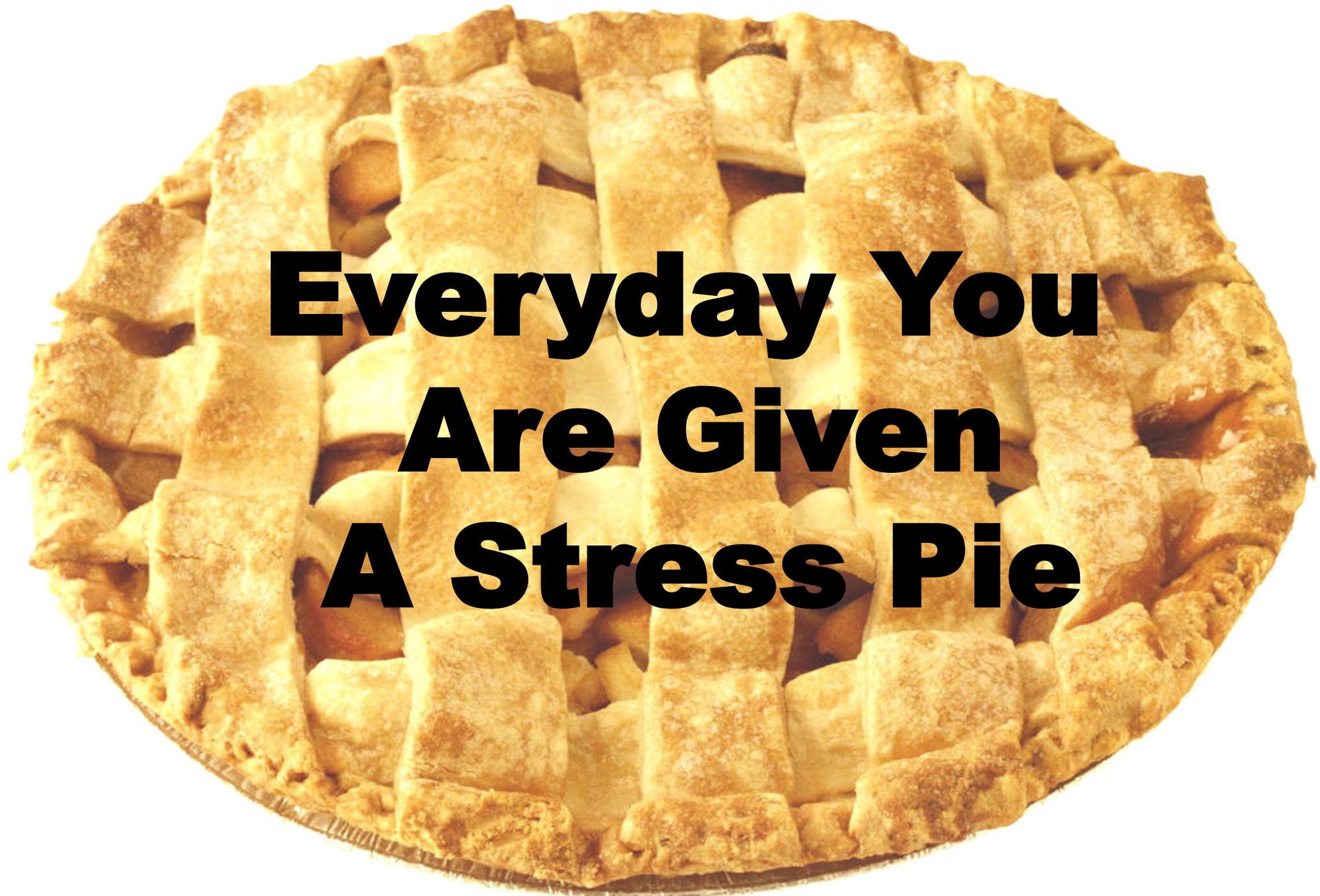
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**Everyday You
Are Given
A Stress Pie**

Question #1:



Is This Worth My Pie?

Question number 2:

**How can I implement
the “Elvis Advantage”?**



The definition of the Elvis Advantage is:

- ✓ Changing your perception
- ✓ Seeing through new eyes
- ✓ Redefining events as
non-stressful



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Vermont in the Winter





Why is this so important?





“If you will do one thing different every single day, you have the power to make every one of your tomorrows better than today.”

-- *Julie Burch*

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Thank You

