

2023

California

STATE HR ADVOCACY &
LEGISLATIVE CONFERENCE



CALIFORNIA
STATE COUNCIL OF SHRM



Designed and Presented by:

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Julie Burch *JB* Speaks!

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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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Willing and Able

Able



Willing



Knowledge is Power.





Totally Stress Free?

What Are Your Stressors?



3 Reasons I Do This Exercise.

A woman with blonde curly hair is leaning her head against a green metal railing. She is wearing a light-colored, textured sweater. Her expression is contemplative as she looks down. The background is a blurred outdoor setting with warm, golden light, suggesting a sunset or sunrise.

#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



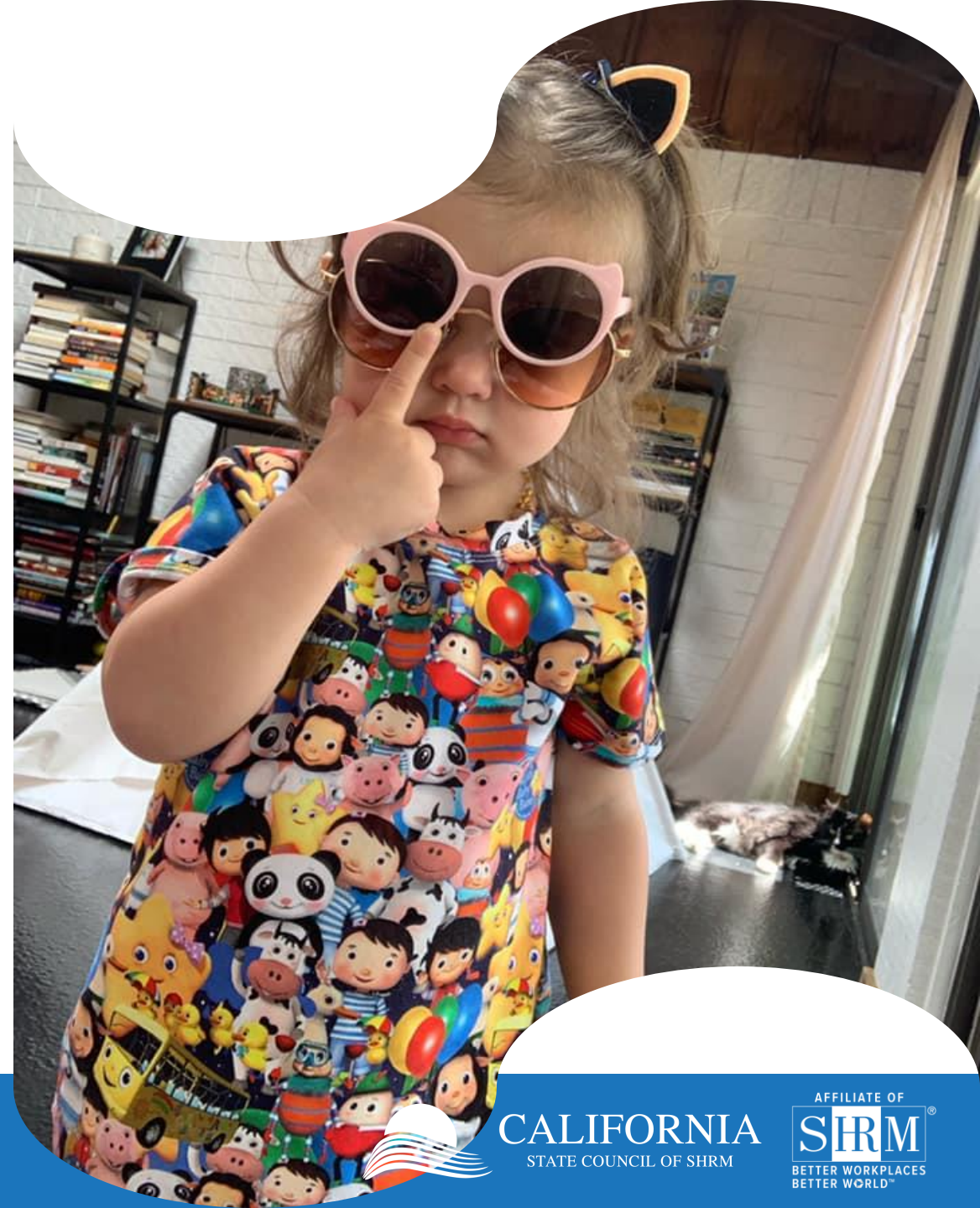
This *Isn't* Your *Mama's* *Stress Management!*

Enjoy the Ride

Allow a Break

Learn to Laugh

Work Where You
Have the Power



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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Stress



Physical
Manifestations



Mental
Manifestations



Immediate
Short Term
Long Term



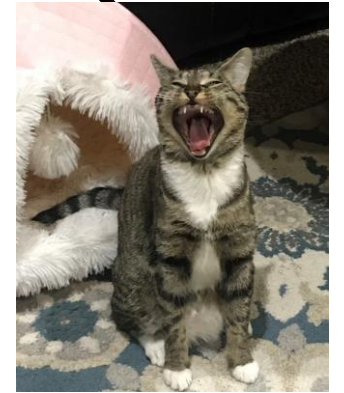
Your Little
Inner Voice



Optimal Stress

Efficiency
Level

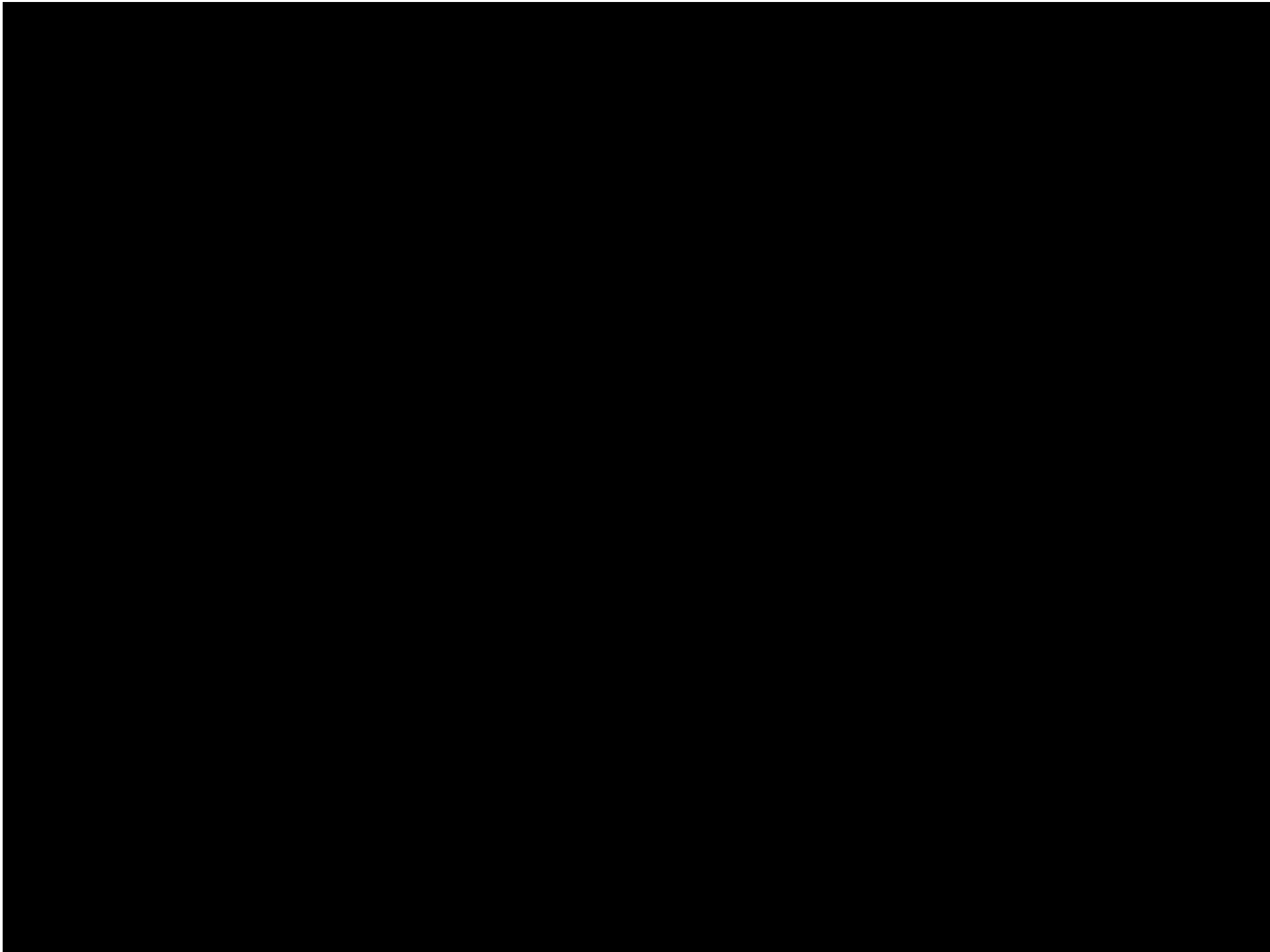
Best at
Optimal
Stress



Stress Level

Bored out

Burned out



Let Yourself Be Uncomfortable.





Let's Play a Game!

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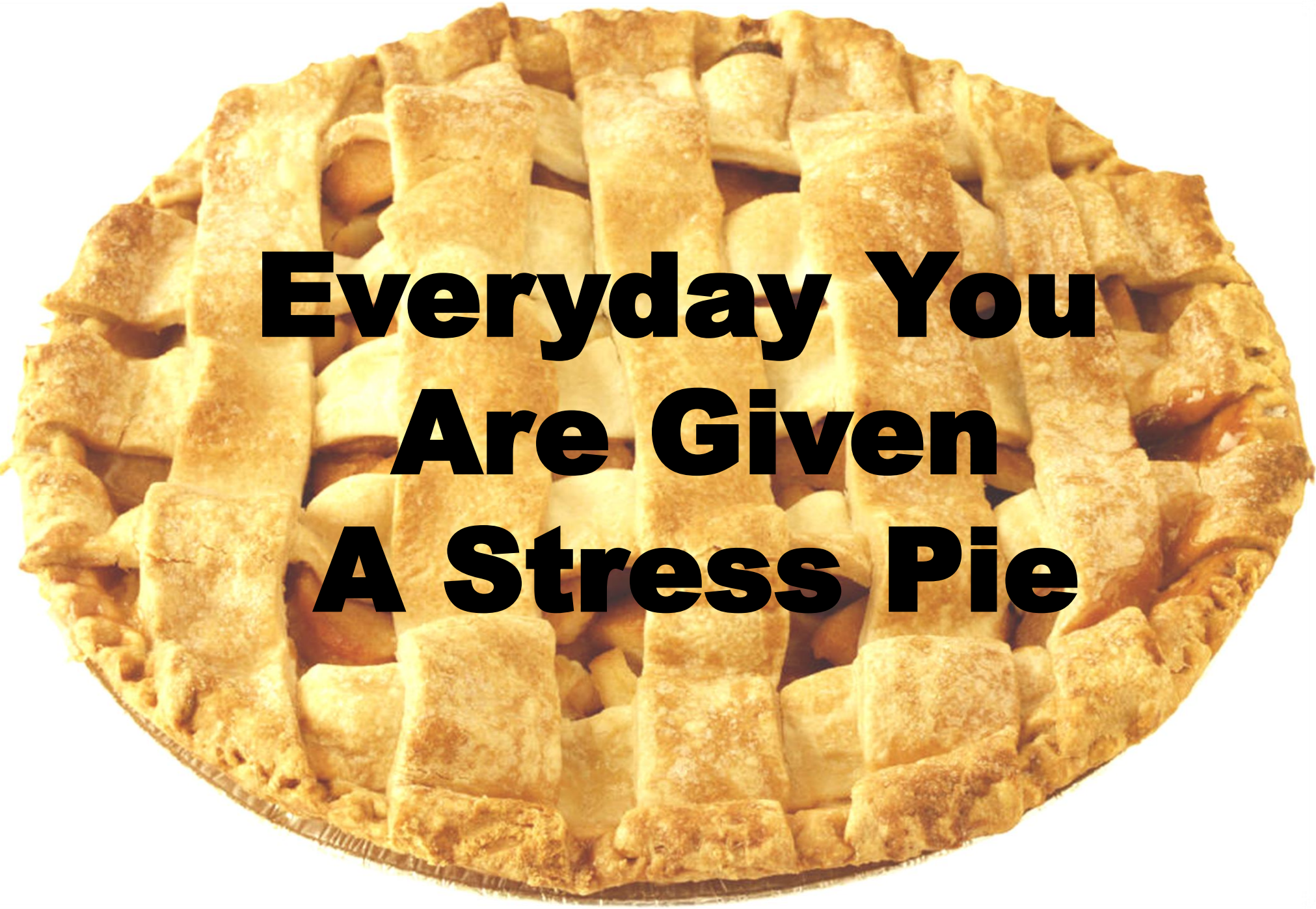
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A round apple pie with a lattice crust, featuring a golden-brown crust and visible apple slices through the openings. The pie is centered on a white background.

**Everyday You
Are Given
A Stress Pie**

Question #1:



Is This Worth My Pie?

A silhouette of Elvis Presley in a dynamic pose, with one arm extended forward and the other pointing back. He is standing on a grassy area with a body of water and a city skyline in the background under a sunset sky. The sun is low on the horizon, creating a bright glow behind him.

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

julie@julieburch.com

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Thank You

