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GROUP

Stress and the Hero's Journey

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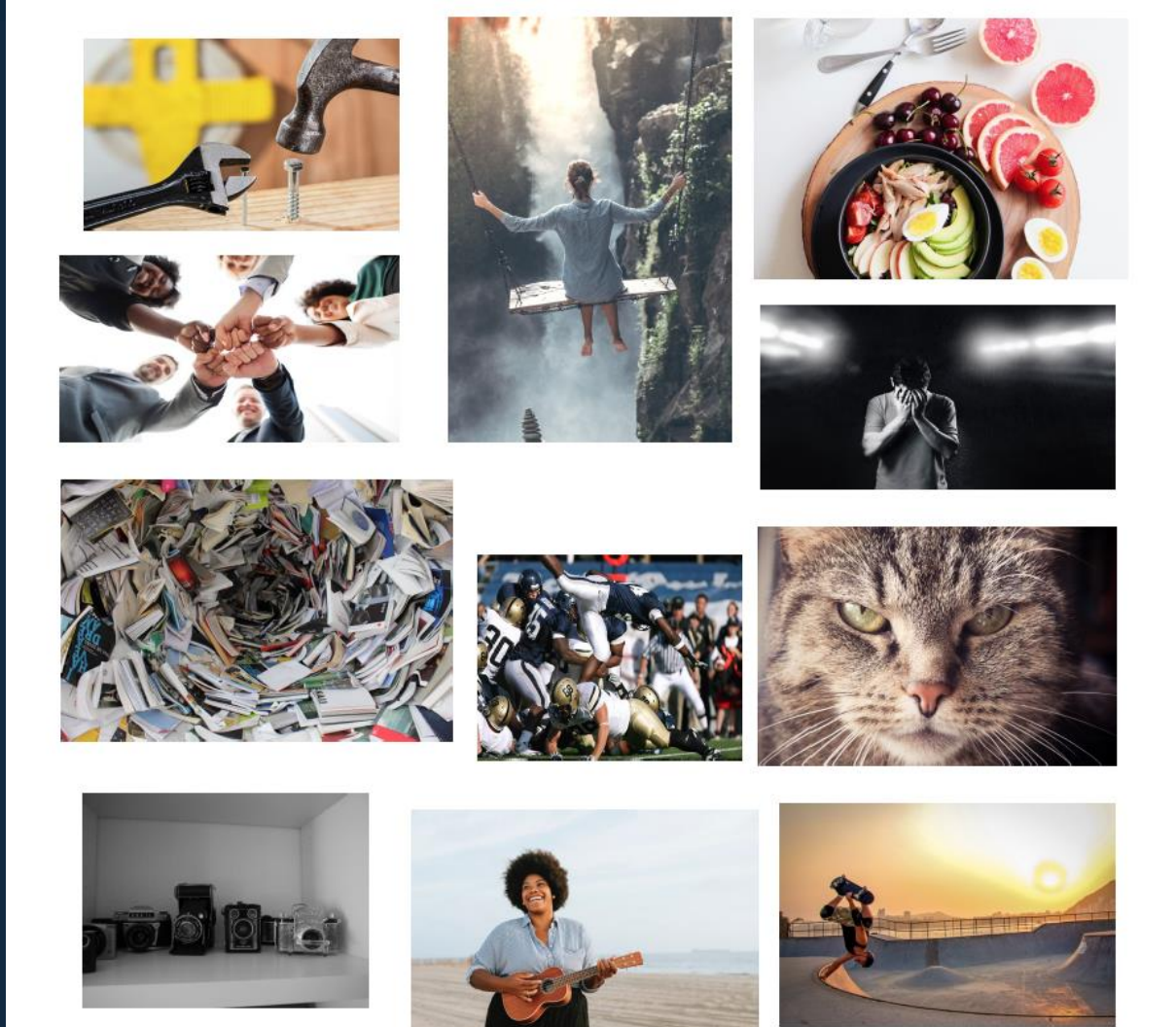


1. We will be encouraged. (Breakout Discussion)
2. We will reflect. (Breakout Discussion)
3. We will learn about survival mode and how to escape it.
4. We will learn about how to make stress work for us instead of against us. (Breakout Discussion)



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REFLECTION



Which picture describes your past 12 months?
Which picture describes you today?



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"If you don't have self-awareness, if you are not able to manage your distressing emotions, if you can't have empathy and have effective relationships, then no matter how smart you are, you are not going to get very far."

-Daniel Goleman, Ph.D.



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"If you don't have self-awareness, if you are not able to manage your disruptive emotions, if you can't have empathy and have effective relationships, then no matter how smart you are, you are not going to go very far."

Daniel Goleman, Ph.D.



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Will I be the kind of person that
leaves a mark or a scar?



WHAT IS SURVIVAL MODE?

- Survival mode is being locked in fight-or-flight (continuous activation of the sympathetic nervous system) when we face something new.
- The larger the “new”, the deeper we enter survival mode: construction versus pandemic.



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WHAT ARE THE PHYSICAL SYMPTOMS?

- Excessive stress hormones (adrenaline and cortisol) make our muscles and joints stiff and achy.
- Breathing stays shallow and rapid.



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WHAT ARE THE PSYCHOLOGICAL SYMPTOMS?

- We remain hyper-focused on danger and lose capacity to find opportunity.
- We stay locked in the moment.



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WHAT ARE THE PHYSICAL SYMPTOMS?

- Excessive stress hormones (adrenaline and cortisol) make our muscles and joints stiff and achy: **Let's stretch.**
- Breathing stays shallow and rapid. **Let's breathe.**



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WHAT ARE THE PSYCHOLOGICAL SYMPTOMS?

- We remain hyper-focused on danger and lose capacity to find opportunity. **Let's make an exchange.**
- We stay locked in the moment. **Let's look at pictures.**



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March 6, 2020

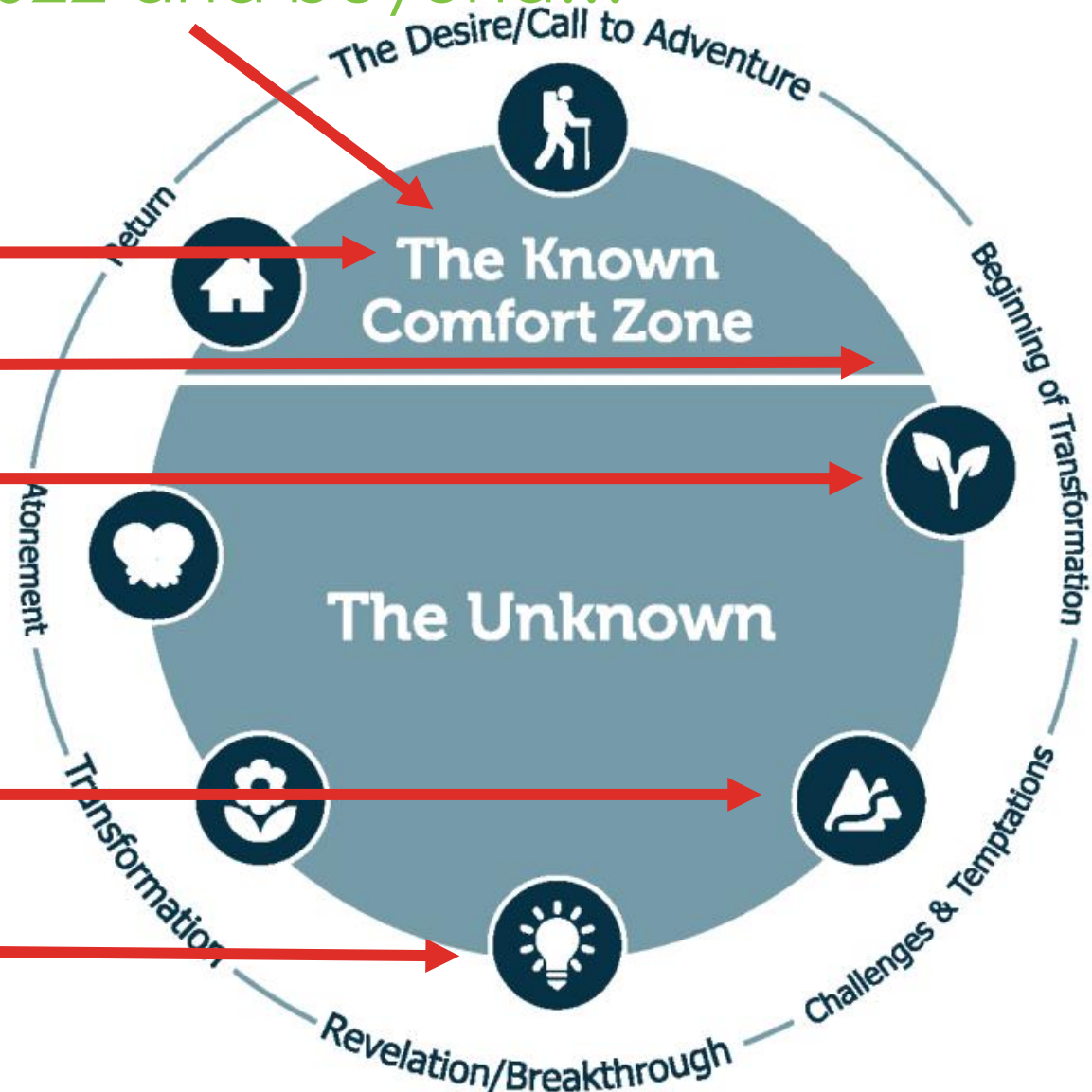
April 1, 2020

July 6, 2020

January 2022

2021-2022

2022 and beyond...





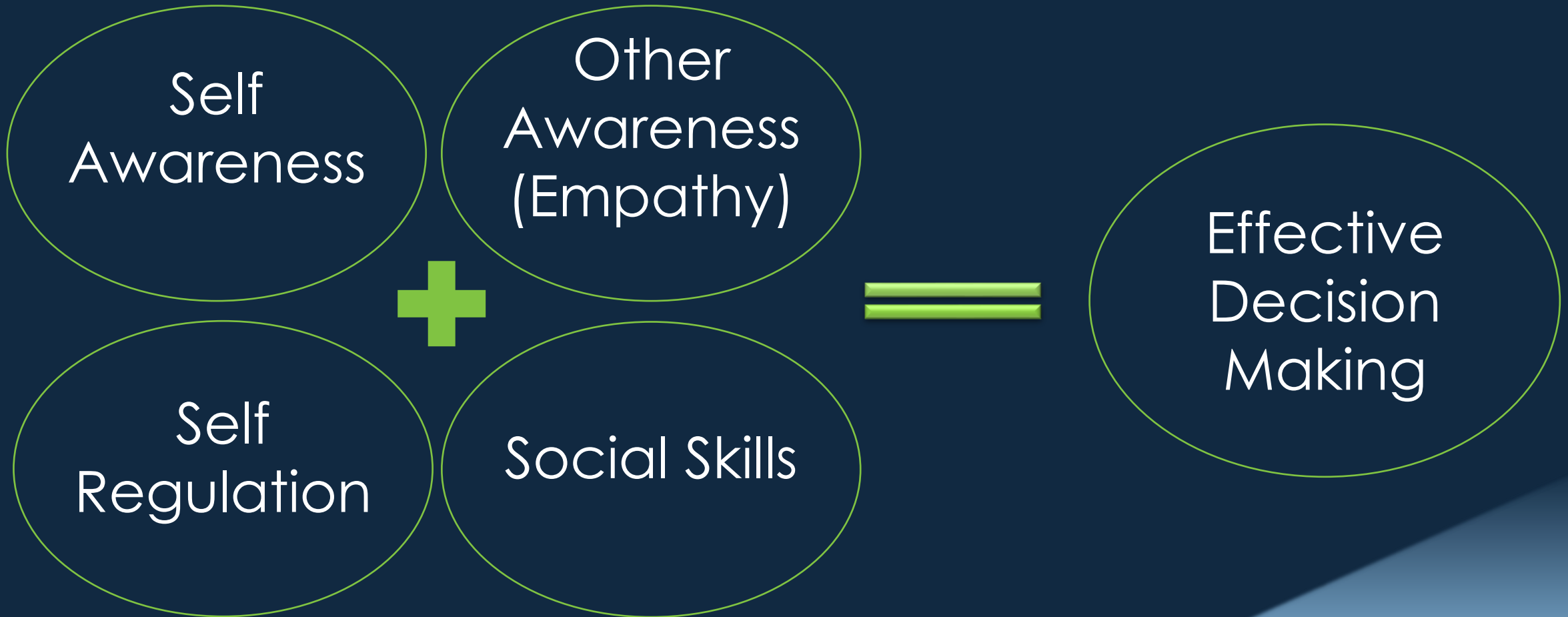
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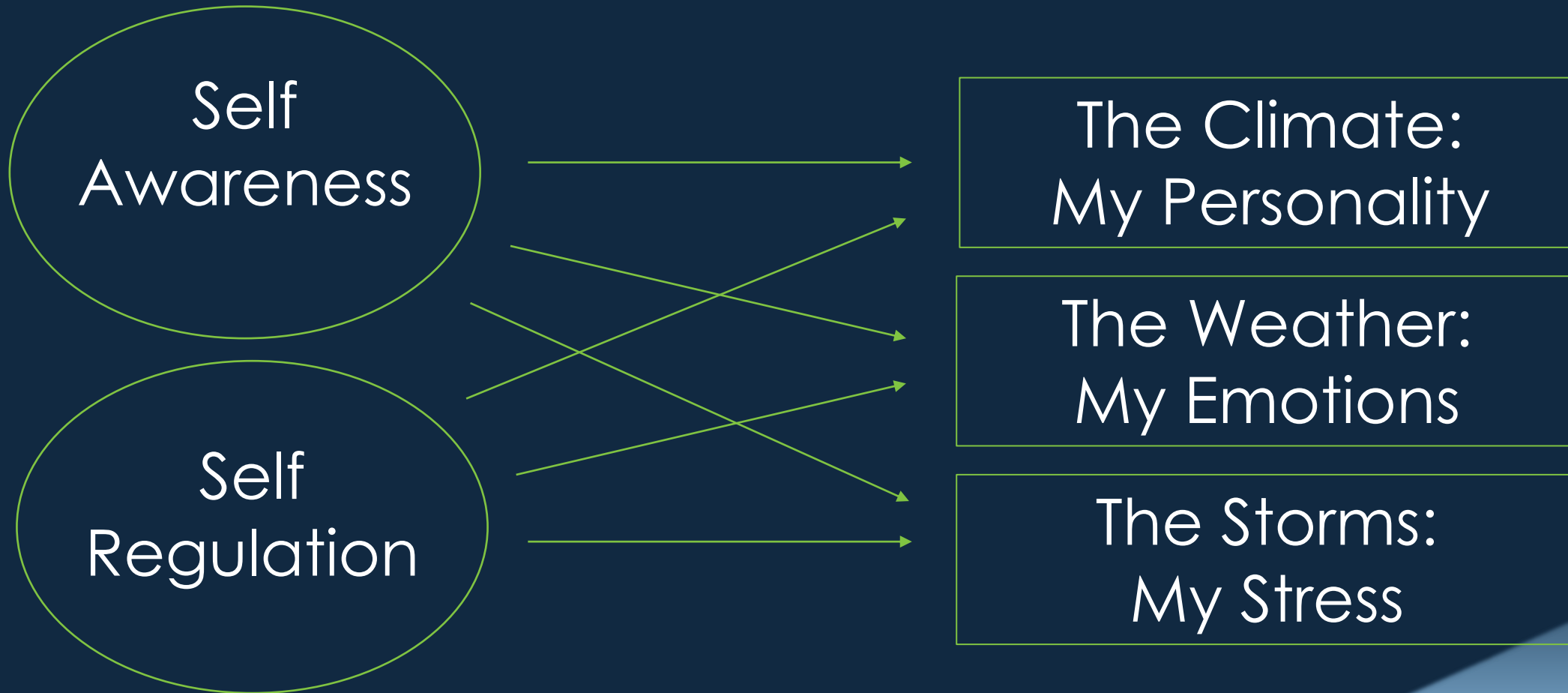
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WHAT IS EMOTIONAL INTELLIGENCE?





WHAT IS EMOTIONAL INTELLIGENCE?





Professional...

- 1.
- 2.
- 3.

Personal...

- 1.
- 2.
- 3.



- What is stress?
 - Stress is the energy you produce as you wonder whether you can deal effectively with a threatening situation.
 - symptoms include increase heart rate, muscle tension, preoccupation,
 - We usually use the energy to attack the source of our stress or run from it, and either option can be helpful or not helpful.



HELPFUL STRESS MANAGEMENT RESPONSES

Engage	Disengage
<ul style="list-style-type: none">◆ Get connected◆ Anticipate◆ Redirect the energy (exercise, hobby, etc.)◆ Assert your self appropriately	<ul style="list-style-type: none">◆ Self-observation◆ Keep perspective



HURTFUL STRESS MANAGEMENT RESPONSES

Engage	Disengage
<ul style="list-style-type: none">◆ Frequently attacking, blaming, criticizing others◆ Frequently splitting or causing dissention among staff	<ul style="list-style-type: none">◆ Frequently deny, rationalize, or unable to accept responsibility for wrong doing◆ Cut off feelings/apathy



HELPFUL STRESS MANAGEMENT RESPONSES

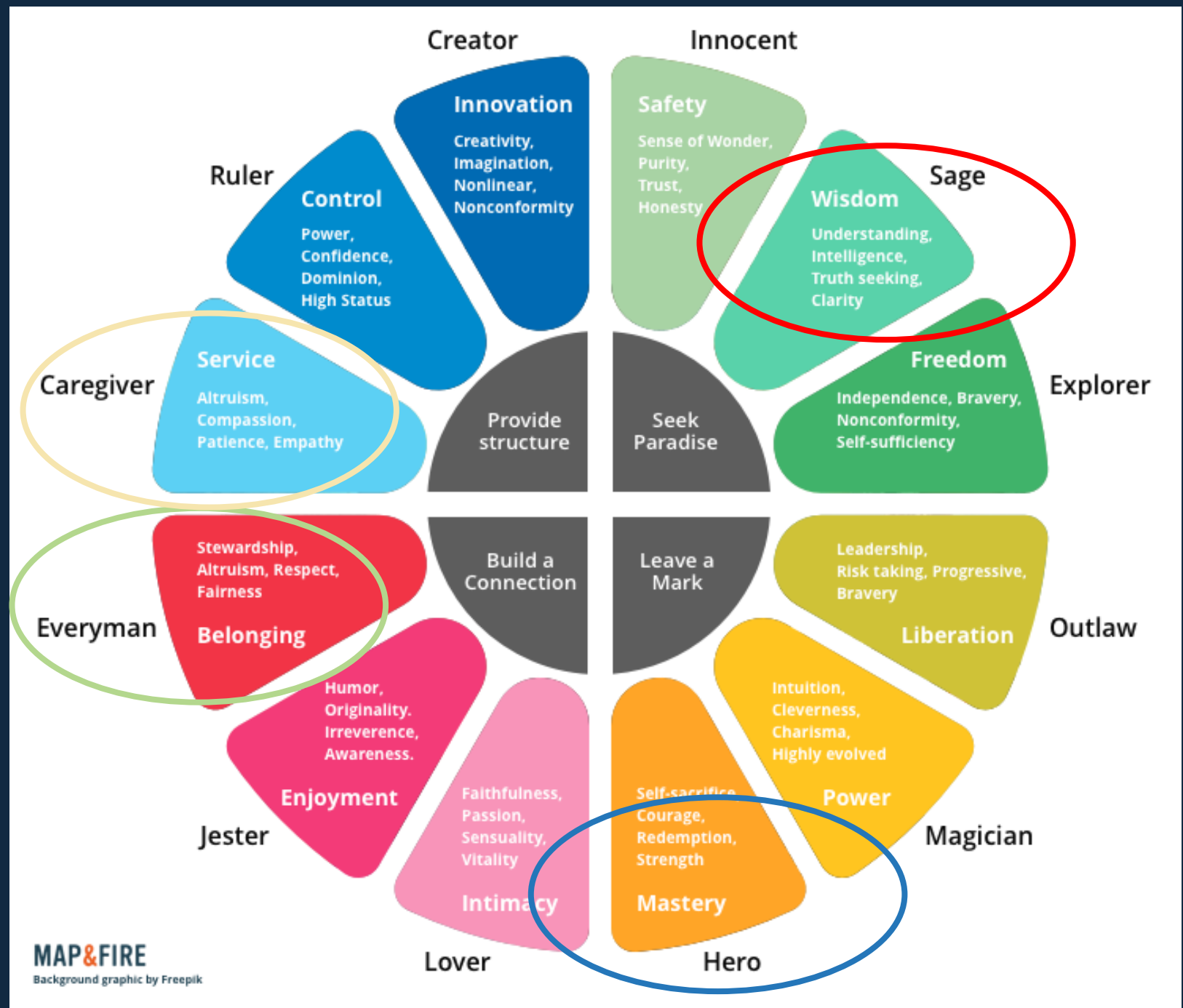
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My
Dream
Team

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- My **Sage** (who will offer me guidance) is...
- My **Hero** (who will always demand greatness from me) is...
- My **Caregiver** (who will always nurture me) is...
- My **Everyman** (with whom I will always feel connected and comfortable) is...





- I know I can be my own **Sage**. I have wisdom. These are three excellent decisions I've made...
- I know I can be my own **Hero**. I have superpowers. These are three amazing things I have accomplished...
- I know I can be my own **Caregiver**. I have value. These are three things that fill my cup...
- I know I can be my own **Everyman**. I have self-acceptance. These are three things I love about myself....