



Objectives

In this module you will learn...

- Definition of the Stress Management composite
- Definition and overviews of the subscales connected to this composite:
 - Flexibility
 - Stress Tolerance
 - Optimism
- Well-Being & Happiness
- Techniques to enhance skill development for this composite





The Benefits of El:

Emotional Intelligence & Stress

El lowers stress, stress lowers El



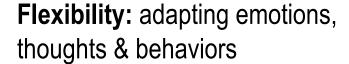
Collaborate Effectively



Stress Management Subscales

"Coping, adapting and remaining positive in unfamiliar situations"







Stress Tolerance: coping with stressful/difficult situations

Optimism: positive attitude/outlook on life; hopeful, resilient



Stress Tolerance Scores

Higher Scorers

Use various of coping strategies to deal with stress

Stay focused when managing multiple priorities

Manage emotions under stress

Lower Scorers

Less able to cope with stress, which can negatively impact well-being

Lose focus when managing multiple priorities

Experience negative emotions when faced with stress

What strategies do you use to manage stress?

