



# Stress Management

TALENT DEVELOPMENT



# 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 EI:

# Emotional Intelligence & Stress

El lowers stress, stress lowers El



Focus on goals

Deal with stressors



Communicate needs

Collaborate Effectively



# Stress Management Subscales

“Coping, adapting and remaining positive in unfamiliar situations”



**Flexibility:** adapting emotions, thoughts & behaviors



**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?

