



REFLECTIONS



STRESS MANAGEMENT, SELF-CARE, AND SKILL DEVELOPMENT HOMEWORK FOR EPISODE SEVENTEEN

In Episode 17 of the Dauntless podcast, we heard from Janie Schumaker- the CEO of the Board of Certification of Emergency Nurses- on how to keep your head in the game and stay sharp when faced with challenging conditions.

For this episode's homework, we're first going to focus on your own stresses and difficulties. And then we're going to look at how you can combat them.

Step 1: Identify the Problem

On a scale of 1 to 10, rank the level of stress you feel right now:



What is the biggest source of stress in your life today?

Work

Is there a clear separation between work and home? Are you frustrated with your colleagues or boss? Are the expectations at work set impossibly high?

Family

Is there division in your family? Are you having a difficult time adjusting to family changes? Is there a lack of communication between parents, siblings, partners, or kids?

Conflict

Are there any unresolved conflicts in your life right now? Are there recurring disagreements at work or with loved ones? Are both sides willing to achieve a peaceful resolution?

Money

Is money causing tension in your relationships? Are you finding it difficult to pay the bills and provide a quality life for your family? Are you having a difficult time agreeing on a financial plan or budget?

Illness

Are you (or someone you love) suffering from disease, illness or a loss of a loved one? Are you having a difficult time concentrating or completing day-to-day tasks due to an illness? Are you getting the medical care and attention you need and deserve?

Other

Are you having a difficult time articulating your thoughts and feelings? Are you seeking to control an uncontrollable situation? Are you able to minimize stress by planning and organizing ahead of time?

Step 2: Stress Management Self-Reflection Exercise

When completing this stress management self-reflection exercise, always ask yourself:

- Why am I feeling stressed, anxious, overwhelmed, or worried about this issue?
- Am I thinking about the problem or am I focused on a solution?
- How do I define a healthy, happy, and lasting resolution to this stress?
- Who can I turn to for help?
- What will I do, today, to find a better way?
- Is there a class I can take, or a book I can read to help me to find a solution? Is there a podcast I can listen to? A workshop I can attend?

1. Work Stress

Take things one day at a time, but always make time for your most important asset: you!

REFLECTION:

2. Family Stress

Regardless of past pain or conflict, family is still family. By showing respect and honoring one another, you are doing all you can to be a positive role model for others.

REFLECTION:

3. Conflict

Unresolved conflicts can deeply affect your sleep, diet, and physical or mental health. Choose peace, even if it means you have to admit your mistakes or make some compromises.

REFLECTION:

4. Money Stress

A big part of money management is knowing where the money is going. By trimming your budget, living on cash, and documenting all purchases, you'll always be aware of your money. If skill development is necessary to boost your income, then save up for your education before spending your money on things you really don't need.

REFLECTION:

5. Illness

Sometimes the only thing we can do is accept the challenges in our lives as opportunities for learning and growth. Time heals all wounds of the heart, mind, and soul. By seeking the support of others, you will see the truth: you're not alone! After all, with love, patience, and prayer you can accomplish great things.

REFLECTION:

6. Other

Stress adds a whole new level of complexity into your day. Only focus on the things you can control in the moment because there's nothing more you can do other than your best. If it's between reacting rashly or patiently to a stressful situation, always choose patience. You'll thank yourself later!

REFLECTION:

Step 3: Skill Development

Now that you've honed in on your source of stress, and reflected upon some solutions, you need to carve out time to hit these areas head on. We heard Janie say in the podcast that she makes time to "wander and wonder" and she sets aside at least a few hours a week for learning and/or skill development.

As we know from the CRUSH Method, the more skills that you have in your pocket, the better equipped you will be to tackle anything that comes your way. But, you absolutely must make time to gain these skills and knowledge.

So, now open up the calendar function on your phone, computer or good old fashioned pen and paper. Where can you block out 2 hours a week to devote to learning and skill development? It doesn't have to be all at once- but make sure that you have at least two hours. Can you wake up early? Go to bed later? Sneak off for a lunch break? Whatever it takes- just make sure that you commit to it!