

# WHAT YOU NEED TO KNOW ABOUT STRESS

4 WAYS  
STRESS IS  
WEARING YOU  
DOWN, AND  
WHAT TO DO  
ABOUT IT

Overcoming stress is damn near impossible without a clear understanding of what's going on internally.

## DID YOU KNOW?

1

Stress can make you sick, like, really sick. When a threat is perceived, the body releases hormones that increase your heart rate, blood pressure and blood sugar. Great news if you're being chased by a lion, but not so great if you're stuck in traffic, sitting behind your desk, or trying to sleep at night. Chronic stress fuels a vicious feedback loop that will break you down mentally and physically over time.

2

Stress affects your ability to properly lead your team. Managers, CEO's, entrepreneurs and anyone holding positions in leadership will experience the added stress of having to meet expectations, deliver outcomes, manage different personality types, adapt to sudden changes and support others through challenges. Increased stress leads to an inability to cope with uncertainty but building resilience and confidence will help.

3

Stress will impact your personal relationships by altering the way you communicate with yourself and others. A breakdown in communication is the number one cause for failed relationships. Whether you are thinking negative thoughts about yourself, practicing harmful speech toward others, or struggling to achieve productive communication, stress will make conflicts so much worse!

4

Identifying the underlying cause of stress is a major challenge because it's a symptom of a bigger problem. Uncovering the real issue takes a keen understanding of internal processes. While it may manifest as fatigue, anxiety, depression, micromanagement, passivity or anger toward others, likely, there is an underlying, solveable problem.

Your journey toward wellness doesn't have to be difficult and painful. The **Confident Leadership Program** will support you in identifying and solving the root problems you're facing with comfort, peace and ease.