

# Stress and the Job Search

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**Good Morning**

**Let the**

**Stress**

**Begin...**



# Stress and Your Health

- See a doctor
- Chronic stress – long term health implications
- Stress Scales



# Stress is Stress



Dr Karl Albrecht's Stress Types

**STRESS BY ANY OTHER NAME IS  
STILL STRESS**

# Four Common Types of Stress

- Time Stress
- Anticipatory Stress
- Situational Stress
- Encounter Stress

# Time Stress

- Deadlines
- Lack of time
- No margins
- Unrealistic expectations
- To do lists
- Action plans
- Prioritization
- Just say NO

# Anticipatory Stress.

- Concerns about the future
- Defined
- Vague
- Positive visualization
- Define fear
- Take small actions
- Meditation

# Situational stress

- Lack of control
- Conflict
- Emergency
- Failure
- Fight or flight
- Conflict resolution
- Manage emotions
- Define situation

- “fight or flight response.”
- The response prepares your body for physical action through sympathetic nervous system arousal and an increased release of corticoids, which are stress hormones. Virtually all the systems in your body are affected, including the circulatory, pulmonary, immune, and nervous systems.

- The best tools to help you get through rejection are: a support system, a clear vision, and [a plan in place](#). When you have those three things by your side, dealing with rejection will be much easier.

- Competition plays a big role in rejection—how you choose to react to the people who are hired above you, will make a difference in your energy and success. Whenever you're "rejected", it's usually never personal. There are so many outside components that go into the decision that have nothing to do with you.

# Encounter Stress

- People you do not like
- Unpredictable
- Clients
- Contact overload
- Emotional intelligence
- Know your limits
- Deep breathing
- Empathy

Toffler's Stability Zones

# **FINDING STABILITY**

# Stability Zones

- **People**
- **Ideas**
- **Places**
- **Things**
- **Organizations**

# YOUR Stability Zones

- **How stable are they**
- **How many of your Stability Zones can be influenced by you?**
- **Do you spend enough time nurturing these Stability Zones?**
- **Will your Stability Zones remain solid and steady over time?**

Cognitive Restructuring

# **OVERCOMING STINKIN' THINKIN'**



# SWSWSWSWSWS

SOME WILL.

SOME WON'T.

SO WHAT?

SOMEONE'S WAITING!

**Jack Canfield**

Too Positive?

*"WHEN YOU THINK YOU'RE THE  
BEST YOU CAN BE, THAT'S BAD."*

**Jackie Morrison**

# Cognitive Restructuring

- Technique for understanding unhappy feelings and moods
- Challenge sometimes-wrong "automatic beliefs"
- Reframe unnecessary negative thinking
- Helps change the negative or distorted thinking that often lies behind bad moods
- Tool to approach situations in a more positive frame of mind.

# Applications

- Variety of serious mental health conditions
- Know when to consult a qualified medical practitioner
- Useful for reframing less serious, day-to-day negative thoughts.
- Overcome negative thinking before you attend a networking event , or to improve your mood when you have a bad day.
- Think positively before you go into a performance review or a job interview, or before you engage in a difficult conversation.
- Overcoming fear of failure, fear of success or self-sabotage.

# How to use Cognitive Restructuring

- Calm Yourself
- Identify the Situation
- Analyze Your Mood
- Identify Automatic Thoughts
- Find Objective Supportive Evidence
- Find Objective Contradictory Evidence
- Identify Fair and Balanced Thoughts
- Monitor Your Present Mood
- Reflect on what you could do about the situation. (By taking a balanced view, the situation may cease to be important, and you might decide that you don't need to take action.)

# Stress and Personality

- Networking
- Meeting new people
- Researching companies
- Scheduling
- Completing applications
- Using social media
- Making cold calls





Of bubble gum and lavender

**PRACTICE!**