


# Personal Effectiveness





# Conduct Self SWOT



# Understanding Learning Styles

# MANAGING STRESS

Our **goal** is **not** to **eliminate** stress but to learn how to **manage** and **use** it to **help** us.



Men are disturbed not by the things that happen, but by their opinion of the things that happen.

Greek Philosopher  
– Epictetus

The manner in which you choose to interpret, react to and handle a perceived stress can very often be far more damaging to you than the actual stress could ever be on its own.

# Managing Stress

- Become aware of your stressors and your emotional and physical reactions.
- Recognize what you can change.
- Reduce the intensity of your emotional reactions to stress.
- Learn to moderate your physical reactions to stress.
- Build your physical reserves.
- Maintain your emotional reserves.
- Learn to Respond, Not React



# Stress-Aggravating Foods

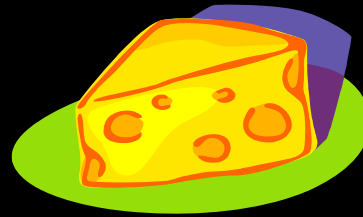
Caffeine



Sugar



Fats

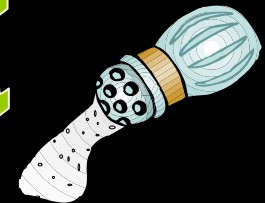


Additives

Alcohol



salt





# Ways to Develop a Positive Attitude

