

# STRESS TRIGGERS

ENERGIZER	WHAT CAUSES STRESS		ENERGIZER	WHAT CAUSES STRESS	
	IF A TOP 7 PURPLE BAR	IF A LOWEST BLUE BAR		IF A TOP 7 PURPLE BAR	IF A LOWEST BLUE BAR
<b>Collaboration</b>	Not having enough time to work directly with other people / too much "alone" work time	Spending too much time having to engage with others / not enough "alone" work time	<b>Enthusiasm</b>	Situations where you have to be "buttoned up" and emotionally-restrained	Having to frequently display enthusiasm for your point of view
<b>Common Sense</b>	Situations and people that don't account for what's worked well in the past	Being in a group or team that doesn't want to try anything new	<b>Flexibility</b>	Not having enough variety and change in your daily work / too much monotony and repetition	Constantly changing situations and environments
<b>Compassion</b>	Inability to help people who need your help	Feeling obligated to help those who should be helping themselves	<b>Initiative</b>	Having to wait on others to begin; also, not making progress towards goals	Feeling pushed to get started more quickly than desired
<b>Courage</b>	Feeling stifled or unable to speak up and share what needs to be said	People who speak their mind too freely and don't consider the potential negative impact	<b>Leading</b>	Insufficient opportunities to lead / having to take a "backseat" too frequently	Being singled out to lead / feeling alone in the "spotlight"
<b>Creativity</b>	Insufficient opportunity to explore new ideas	Having to do too much "brainstorming"	<b>Optimism</b>	Overly-critical people and situations with too much focus on problems and flaws	When others do not clearly see and appreciate the realities of the situation
<b>Critical Thinking</b>	Making rushed decisions without analyzing the data thoroughly	Too much attention being paid to excessive data and complexity	<b>Persuasiveness</b>	Feeling like others are not understanding what you are saying	Having to convince someone else to share your perspective
<b>Decisiveness</b>	Slow decision making that is preventing things from moving forward	Having to make a quick decision with limited information	<b>Relationship Building</b>	Insufficient opportunity to be "out" meeting new people	Having to meet a lot of new people
<b>Detail Orientation</b>	Sub-standard work and avoidable mistakes; also, not having enough context	Having to spend too much time working with details	<b>Resilience</b>	Insufficient challenge in your daily work	Projects that feel like "mission impossible"
<b>Developing Others</b>	Inability or unwillingness of others to learn and grow	Spending time on development and growth at the expense of moving forward	<b>Results Focus</b>	Unclear or unknown goals / lack of a clear plan	Too much pressure or focus put on goals and objectives
<b>Efficiency</b>	Unclear processes for what comes next; also, wasting time, money, etc. (i.e. Inefficiency)	Situations with too many processes / not accounting for variation	<b>Self-confidence</b>	Having to speak about a topic you know little or nothing about	Projects or people with too much perceived certainty and/or bravado
<b>Emotional Control</b>	People who are overly emotive and careless about sharing information	Situations where people don't share what they're thinking/feeling	<b>Self-improvement</b>	Insufficient opportunities to learn new things and develop yourself	Excessive time spent on learning
<b>Empathy</b>	Situations where perspectives of others are not properly considered	Getting too wrapped up in other people's situations and problems	<b>Strategic Mindedness</b>	Not having "big-picture" context / not understanding why something matters	Too much focus on dreams and plans for the future