



# *The Acadami*

*Ignite. Elevate. Empower.*

[www.TheAcadami.com](http://www.TheAcadami.com)

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# *Managing stress in the workplace*



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*Ignite. Elevate. Empower.*

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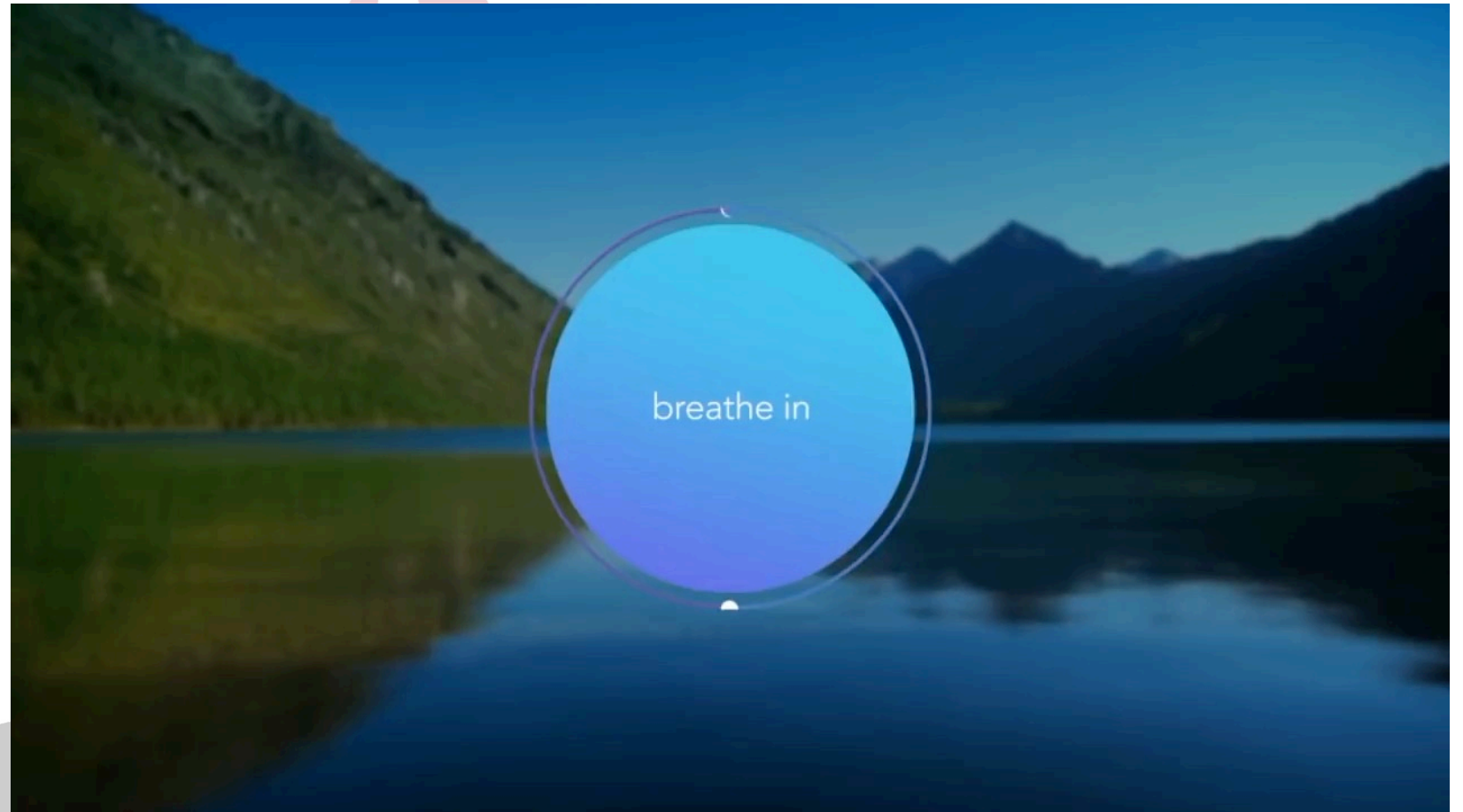
## Learning Objectives:

- Define stress and symptoms of stress
  - Mental, emotional, physical symptoms (1 each)
- Identify 3 ways stress “shows up” in the workplace
- Demonstrate a stress self-assessment (Activity)
- Define the “AMRAP Mentality”
- Demonstrate utilizing the “AMRAP Mentality” in application to manage stress in the workplace
  - Time management technique (activity)
- Identify 10 or more healthy coping strategies; list out 3 or more unhealthy coping strategies

**You are going to leave here today with knowledge of multiple TANGIBLE, SUSTAINABLE, FULL PROOF methods of managing stress in your PERSONAL and PROFESSIONAL life**

# Let's leave the stress at the door....

1. Sit comfortably, OPEN hands, open front body
2. Scan your body for tension
3. As you follow the breath cues, **INTENTIONALLY** release that muscle tension, anywhere you find it



What is stress,  
really?!



## **Positive**

Brief increases in heart rate,  
mild elevations in stress hormone levels

## **Tolerable**

Serious, temporary stress responses,  
buffered by supportive relationships

## **Toxic**

Prolonged activation of stress response systems  
in the absence of protective relationships





## **Positive**

Brief increases in heart rate,  
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## **Tolerable**

Serious, temporary stress responses,  
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## **Toxic**

Prolonged activation of stress response systems  
in the absence of protective relationships

“Venting”

**THERE ARE 2 WAYS TO MANAGE STRESS:**

**1. RELAXED MUSCLE BODY**

**2. ACTIVATING SUPPORT SYSTEMS**

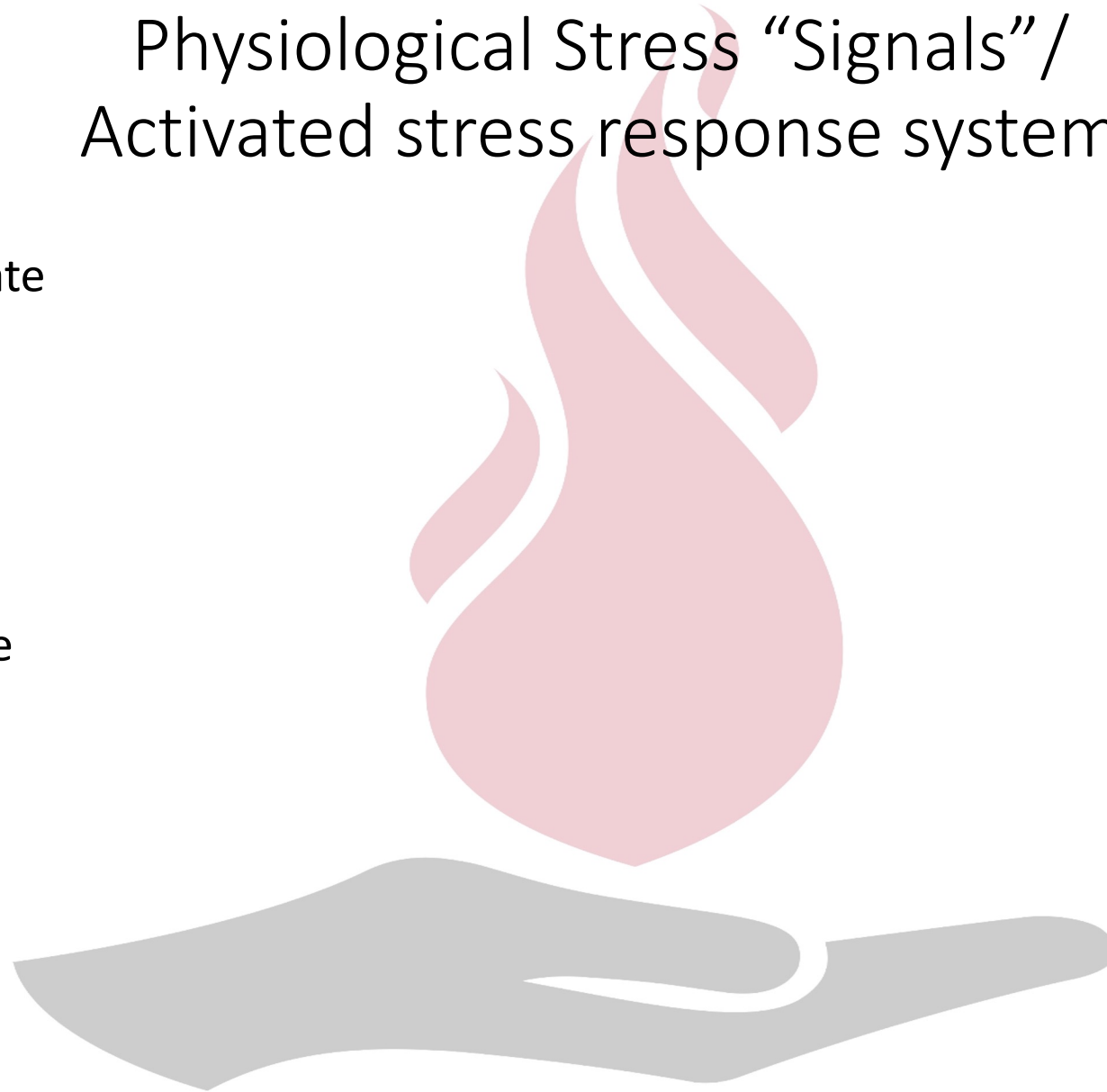
**- THIS IS WHAT KEEPS STRESS FROM  
BECOMING TOXIC WHEN IT COULD BE  
TOLERABLE**





# Physiological Stress “Signals”/ Activated stress response system

- Elevated heart rate
- Sweating
- Nausea
- Dizziness
- Shaking
- Skin color change



# “Stressors”

## Effe

The diagram illustrates a process flow. At the top, the word "Stressors" is written in a large, black, sans-serif font. Below it, the word "Effe" is partially visible, suggesting "Effects". The visual elements include a large orange rectangle on the left, a smaller orange rectangle on the right, and three empty square boxes arranged vertically in the center. The background features a large, stylized, light pink flame-like shape.

# Cause

# Effect

## Activity:

- On your paper/phone notes/whatever....list out 3 of your own personal “tells” that your stress levels are high.
  1. Physiological – what happens to your body?
    1. Do you turn red?
    2. Do you shake?
  2. Emotional – what happens to your mood?
    1. Are you angry?
    2. Are you sad?
    3. Are you numb?/“checked out” emotionally?
  3. Behavioral/relational/social – what happens to your behavior and/or relational engagement with others?
    1. Do you isolate?
    2. Do you become aggressive?
    3. Lack of patience or compassion?

# Let's go FURTHER!

- Of that list, notate whether any expression of stress occurs more frequently at home or at work and/or "flag" which one will help you become aware of it FIRST....

EX:

Coping skill: I numb when overly stressed.

Body: I "forget" to eat and live on coffee so my body is exhausted, always.

Emotion: Nothing. Checked out.

AT WORK this looks like:

Behavior: I isolate. I don't really talk to anyone; don't engage in communication; don't go out to lunch or chit chat.

AT HOME this looks like:

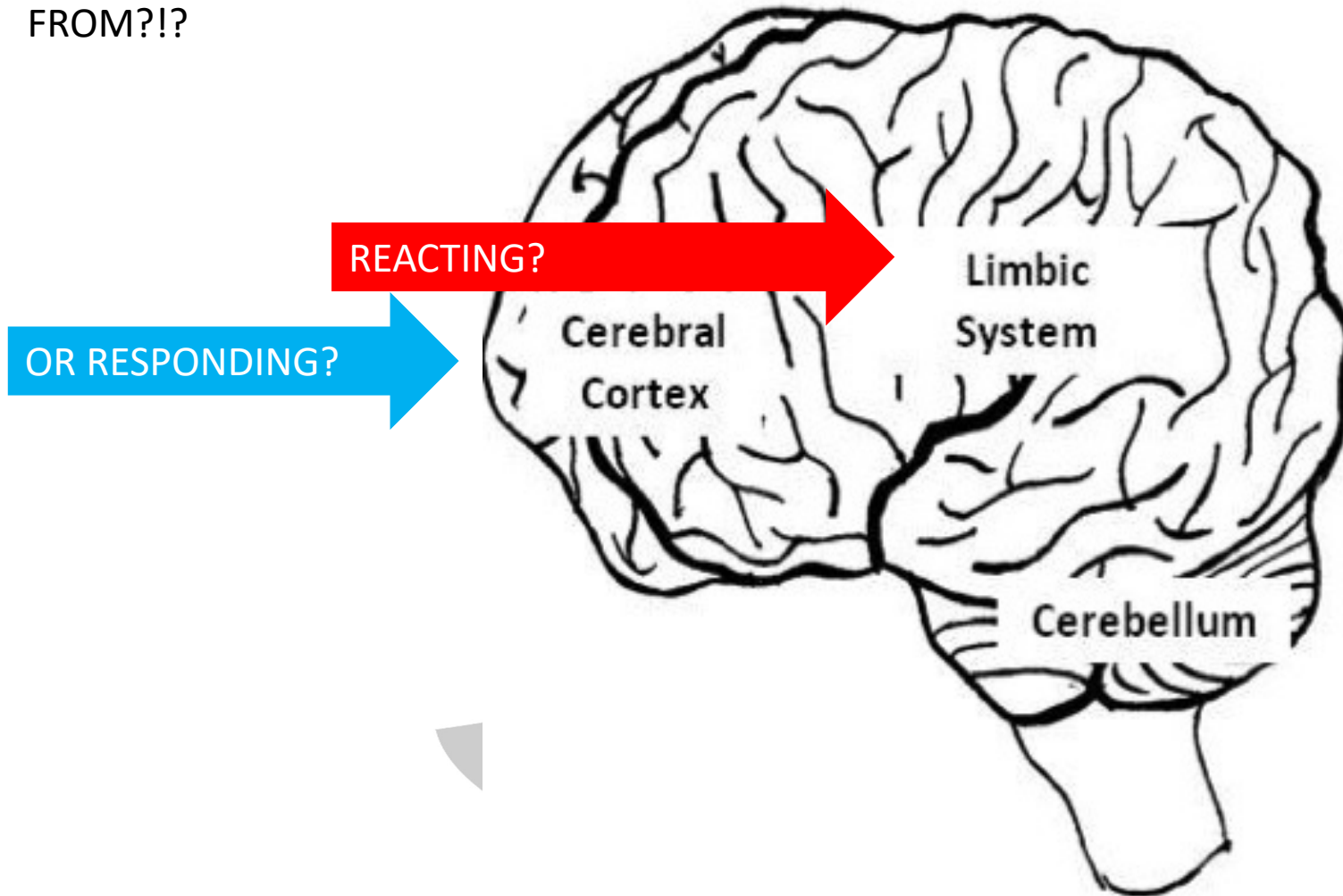
Behavior: Not saying hello to my pup when I come home, not spending time with him or rushing him through his walks; not engaging with my brother;

WHERE ARE

WE

OPERATING  
FROM?!?

# The “3-Brain” Brain Complex



**Cerebellum** – the “motor control” part of our brains: *breathing, heartbeat and motor skills*

**Limbic System** – the “reactionary” part of our brains: *emotions, fight-or-flight, pleasure/reward and pain*

**Cerebral Cortex** – the “thinking” part of our brains: *reasoning, judgment, motivation, perception, memory and learning*

A stylized illustration of a hand holding a flame. The hand is depicted in a light gray color, with a white outline defining its shape. It is positioned at the bottom of the frame, with the palm facing upwards. A flame, rendered in a light pink color with a white outline, is held within the palm. The flame has a teardrop-like base and several pointed, flicking tongues at the top. The entire illustration is set against a plain white background.

So, why do we **actually** stress?



# Top "reasons" we stress

- **PERCEIVED THREAT**

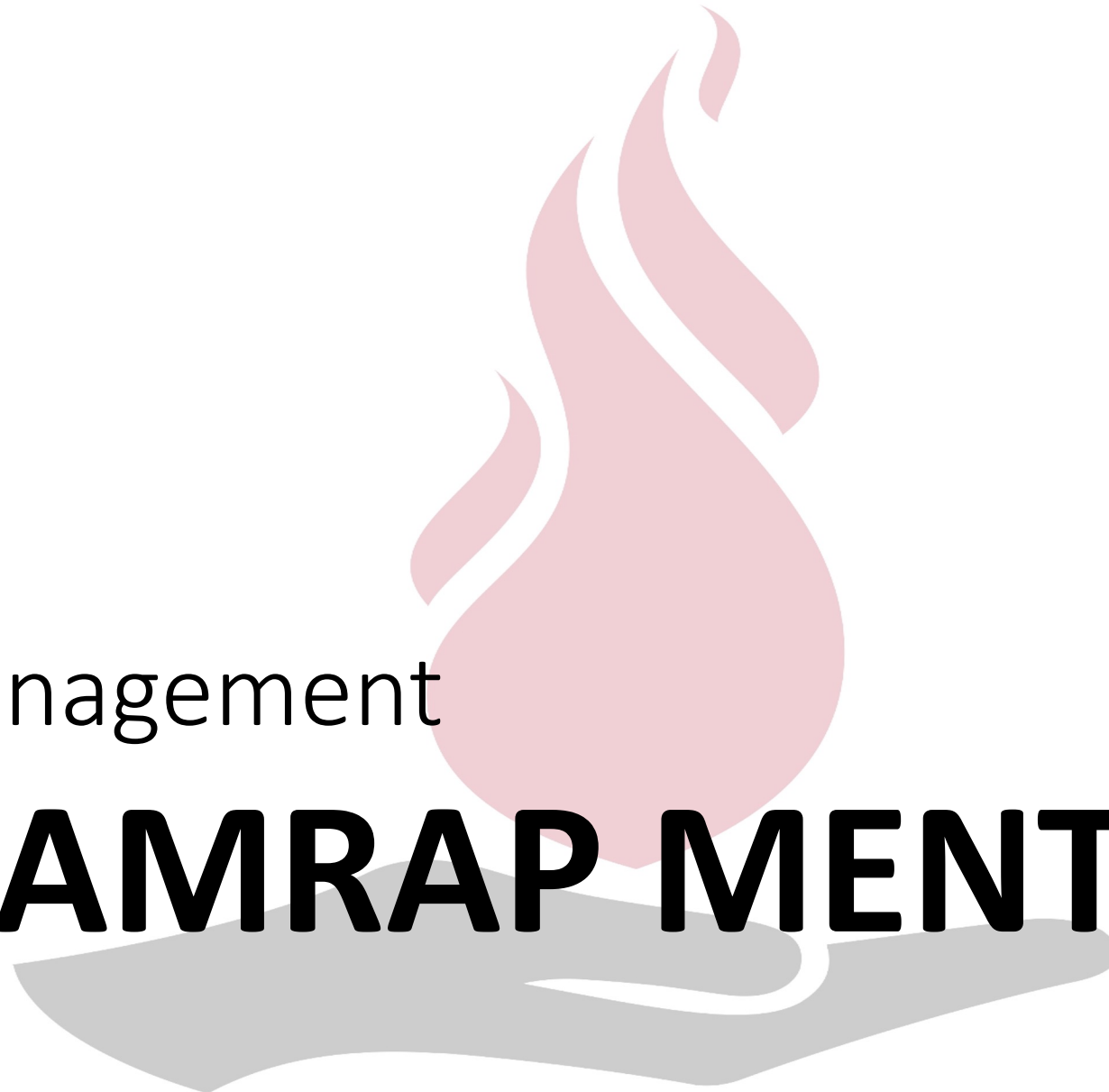
under the guise of....

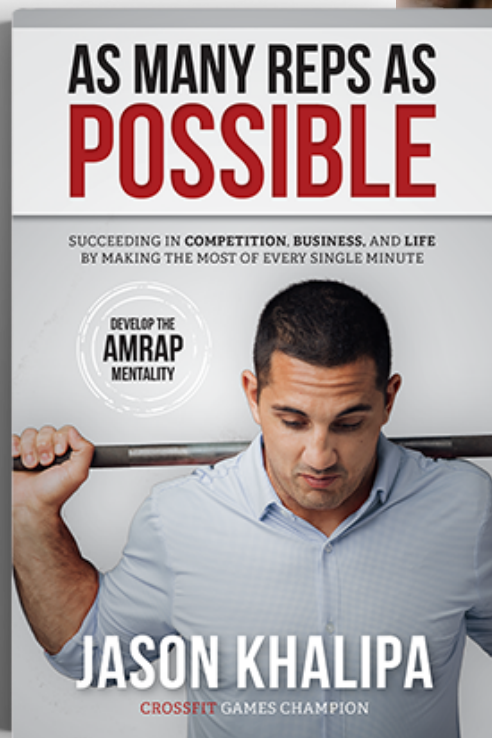
- Time
- Money
- Energy
- Home life
- Trying to "balance" everything
- Trying to do too much
- "Multi-tasking"
- PROCRASTINATION



Time Management

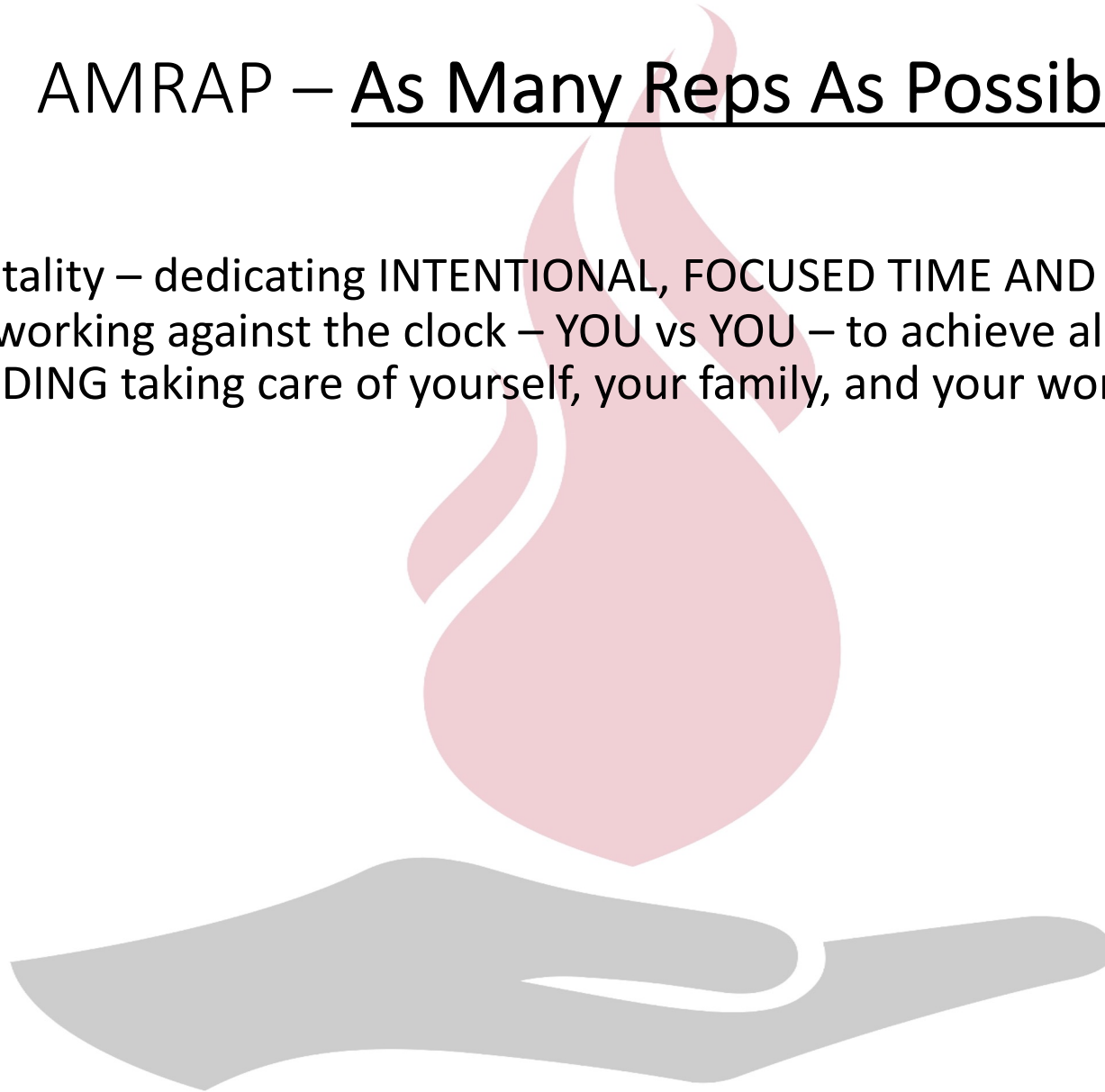
# **THE AMRAP MENTALITY**





# AMRAP – As Many Reps As Possible

- The AMRAP Mentality – dedicating INTENTIONAL, FOCUSED TIME AND ENERGY to ANY aspect of your life/day; working against the clock – YOU vs YOU – to achieve all the things you need to in a day INCLUDING taking care of yourself, your family, and your work.



## Activity

- Get your paper out again, flip it over. On the back:

List out your **busiest day**, what all do you have to attend to that day? (time/attention/energy?)

EX: My busiest day

Challenge Tasks (e.g., clean house, laundry, water; no alcohol)

Daily Tasks (business, school, work, etc.) (direct service)

Daily Tasks (personal care, grooming, exercise, yoga, sleep)

Daily Tasks (relationships, family, friends, etc.) (e.g., sister, dog mom, and friend)

Time Sucker(s): Commute

**PRO TIP:**  
**Don't just think about what you need to DO, think about who you want to BE while doing those things**

a gallon of

with you



Now let's math a little bit



HOURS/TIME	ACTIVITY
9:00 PM – 4:00 AM	SLEEP
4:00 AM – 5:00 AM	Yoga (7 mins); Coffee + read (8 minutes) + workout 1 (walk dog with weight, 10 minutes outside during which I read, emails, text my Brother
5:00 AM – 5:30/6 AM (traffic dependent what)	
6:00 – 7:30 AM	audio books, music for
7:30 – 12:00 PM	
12:00 – 1:00 PM	...is that it?! NO! I eat (10 mins), walk 45 (and read at the same time if I need to), and/or go to lunch with friends, be SOCIAL
1:00 – 5:00 PM	
5:00 – 7:30 PM	
7:30 – 8:00	Check in with Brother, walk the pup, wind down
8:00 – 9:00 PM	Shower, yoga, relaxation/recovery work, F off..whatever

Yes, I know...  
I am not married.  
I do not have kids.  
....but you get my point!

Your turn.

Challenge Tasks: read 10 pages; do 2 x 45 min workouts (one outside); follow a diet; drink a gallon of water; no alcohol/cheat meal(s)  
Daily Tasks (business): check in on my clients, post on my social media, emails, WORK here with you (direct service)  
Daily Tasks (personal): eat well, drink my water, pray/meditate, yoga, sleep  
Daily Tasks (relational): be a good sister, dog mom, and friend  
Time Sucker(s): Commute,

# *FURTHER STILL?!?! YUP!*

- Now, take that schedule and within “work” you can break that down even further based on each day’s tasks and prioritization; give yourself a time frame and GO HARD
- Leave space for breathing, bio breaks, distractions even

EX:

1. Check emails 8:00 – 8:30
2. Meeting/training at 9 AM
3. Talk to Joe about upcoming project 1030-11
4. Work on said project
  1. Part A
  2. Part B
  3. Part C

Now, is EVERY DAY at work going to look like this? NO! This is why we stay flexible but planned and focused. Your task at work is to WORK, so do so./..whatever that means for you. But when you’re here ,. BE HERE

This is WHY we do stress talks first and movement/relaxation/wellness in the afternoon

TIPS:

Schedule BRAIN/learning work early in the morning, from 9-11 AM are our most productive, focused hours (take IN the morning)

Schedule social/planning/body work in the afternoon after you’ve had adequate fuel (after lunch) – give OUT in the afternoon

## Healthy Coping

- text
- text
- text
- text
- text
- text
- text
- text
- text

## Unhealthy Coping

- text
- text
- text

# So, how do we manage stress?

At work, at home, any where

- **Breathe**

- Plan but stay flexible
- Eat well, sleep well, drink more water, move your body
- Healthy coping

**AWARENESS**

**SELF-ASSESSMENT**

SO  
when you get grumpy...  
heck, BEFORE you get grumpy, let's ask...  
What's on your checklist?



1. Have I eaten
2. Have I had water
3. Do I need to urinate
4. Are my muscles  
tensed? Where?
  1. Active release here  
– breathe!

Now, what's the next  
right thing?

**HOW LONG DID THAT TAKE YOU??**

**HOW LONG DID THE DAY PLANNING TAKE YOU??**

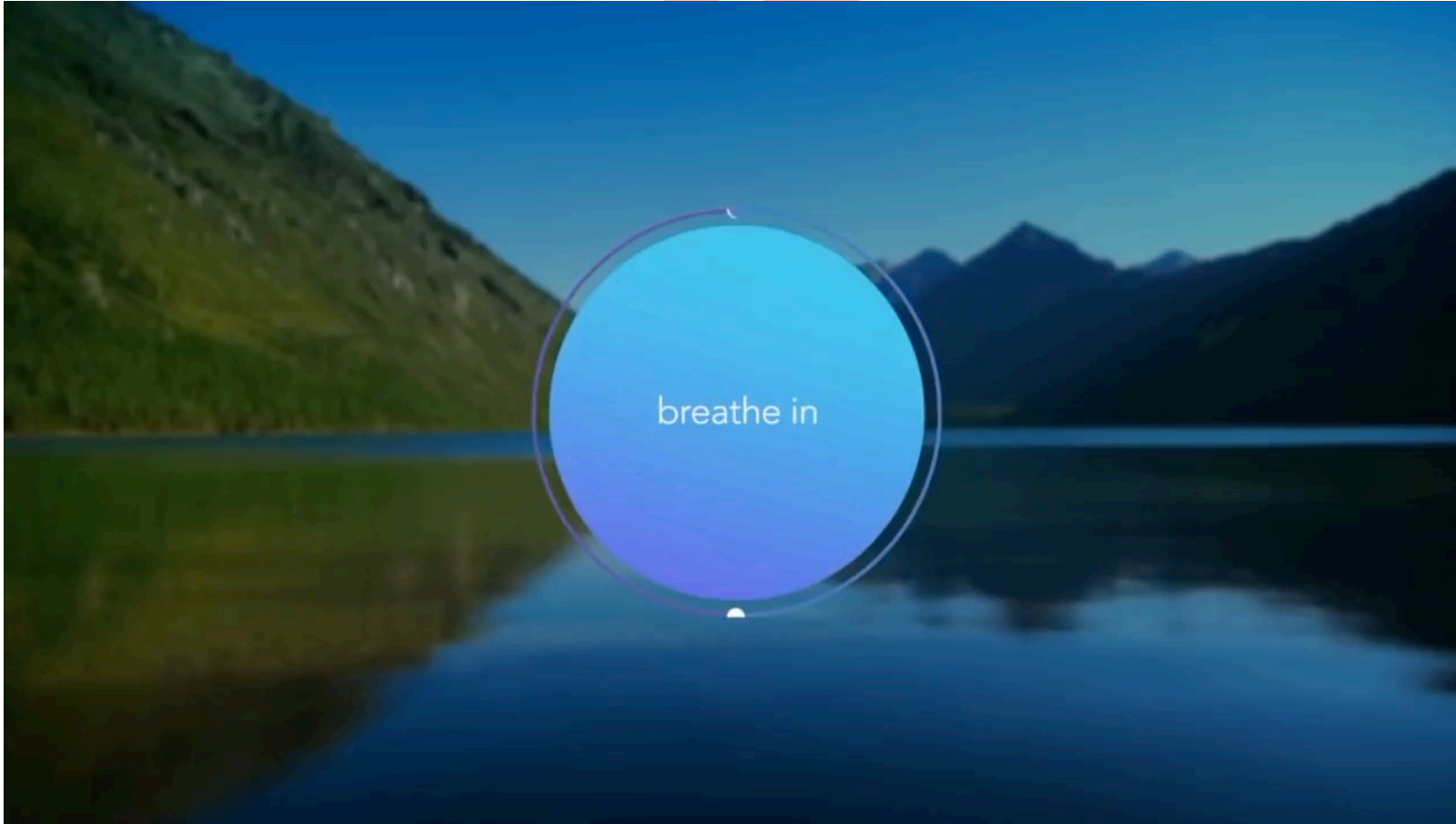
**BUT HOW MUCH PERCEIVED STRESS WILL THESE 2 THINGS ADDRESS?**

Questions, Thoughts, Reflections?





Let's get in nice, relaxed muscle bodies again before we're done here together and go to lunch...



Learning Objectives

- Define stress

Did I provide you that?  
Did we achieve our objectives  
together?

- Demonstrate utilizing the “AMPAR” model in the workplace

- Time management techniques

- Identify 10 or more healthy coping strategies

Now, who's responsible for  
applying all this?  
Who tenses your body?  
So, who can release it?

**You are going to leave today with knowledge of multiple TANGIBLE,  
SUSTAINABLE, FULL PROOF methods of managing stress in your  
PERSONAL and PROFESSIONAL life**



**You.**

**That's right.**

**Now you know better, but it's up to  
you to take this and go DO better**

**THANK YOU!**

**Please fill out your evaluations and don't forget to visit the website for  
handouts, the Power Point, and more resources!**

**[www.theacadami.com/resources/probation](http://www.theacadami.com/resources/probation)**

**Password: SBC**

**(all caps)**



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