



What You Know About Stress is Killing You

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Welcome to the “What You Know About Stress Is Killing You” workshop.

This worksheet is intended for you to begin to understand what stressors you have in your life and what you can do to make a plan so they are not so stressful.

We are honored that you decided to spend a few hours with us, thinking through what you know about stress and how this may be having a negative impact on your performance. More importantly, we are concerned about the overall impact that stress may be having on your health as a leader.

We have studied a broad array of literature in developing this workshop. We have spent time in the disciplines of Psychology, Human Performance, Medicine, and Neurology, in addition to Emotional Intelligence and Leadership. No matter the discipline you study the conclusion is clear:

“Stress has an ability to keep you from living a healthy and productive life.”

At this point you might be saying, “Ok, I knew this already” or “Sure, but I want to learn something new.” And to this we say, “Hang on.”

As we have been in the most recent research on the topic of Stress Management, what we learned is:

It isn't what you don't know about stress that is affecting your productivity and health, but what you DO Know that is holding you back.

Or at least, what you think you know.

If this is all a bit unclear at this point, don't stress about it. Go back and really listen to the video where Scott and Tim unpack this idea of what stress is really telling you as a leader. The positive news about stress is that once we reframe our understanding we can flourish at every aspect in life, finding the meaning and purpose for which you were designed.

This exercise is meant for you to better understand your stressors and to put a plan into place so you can minimize them. This exercise is not a “do it miracle” or “take a pill” and your stress goes away, but rather intended for you to think more deeply about what is causing you stress and helping you put a plan in place to alleviate the stress.

We hope you enjoy this worksheet and get some value out of using it in your life as a leader.

Scott & Tim

Personal Stress Inventory

Part 1

- Make a list of all of the stressors in your life.
- Review the list and decide if this is a stressor that you can do something about. Mark the stressor Y (yes) or N (no).
- Answer the question: *What is my stress telling me to do?*

Stressor	Y or N	What is my stress telling me?

Note anything you observe about your list above that you find interesting:

Part 2

From your list in Part 1, prioritize the list of stressors you can do something about.

Rank the stressors based on which ones would have the greatest positive impact on your health if you were able to reduce or eliminate that stressor. Next, begin to formulate your plan for eliminating or reducing the stressor.

Stressor	What am I going to do?	By When?	Who will hold my accountable and/or help me?

Note anything you observe about your list above that you find interesting:

Stress Snapshot

Read through the following list and check all statements that apply to you right now:

- I have difficulty falling asleep because I cannot stop my mind from racing.
- I worry about things I cannot control.
- I am sometimes paralyzed as to what I should do next.
- I feel tired or even exhausted one or more times each work day.
- I have a difficult time waking up most mornings.
- I frequently regret things I impulsively say or do.
- I am concerned about my use of alcohol.
- I rarely find time to exercise.
- I do not share my stress level with others.
- I frequently lose my cool, even if it is only when I am by myself.
- My relationship with my spouse/significant other is frequently strained.
- I frequently worry about the consequences of not getting things done.
- I have trouble finding the time to do the things I enjoy.
- I experience frequent headaches, muscle tension, and/or gastrointestinal issues.
- I frequently forget things I've been told by others.
- My eating habits are out of whack: I either eat too much OR skip meals because I'm not hungry.
- I mentally escape from my worries through TV, social media, or other mindless activities.
- I worry about things out of my control.
- People have told me that I seem to be impatient/easily frustrated.
- I often believe that I will never get it all done.

Looking back over the statements you checked, rate your current level of stress:

EXTREMELY LOW -- LOW --- AVERAGE --- HIGH ---- EXTREMELY HIGH

Are you satisfied with your current stress level?

What plan do you need to put into place to lower your level of stress?

Do you need to reach out and talk with someone about your stress level?