



Transformational Leadership & Service Podcast

Episode 25 Transcript

"Am I Managing My Stress?" Test

Leaders specifically are susceptible to excessive stress due to the critical demands and lofty expectations placed upon them. Unfortunately, I can't provide a magic elixir here that will eliminate all the negative stress from your life. But I may be able to do the next best thing. I may be able to help you manage that day in, day out stress that many of us experience. Take the following quiz and see if there is not more you can do to manage your stress – beginning today!

1. Do I accept change as an inevitable part of my life? Yes or No. We all need to realize that change – and lots of it – is here to stay. The sooner we accept change for what it is and create a positive attitude concerning it, the sooner we begin to control the stressors associated with change.
2. Am I eating and resting as I should? Yes or No. Taking shortcuts (e.g. skipping meals, eating too late, existing on caffeine and junk foods, sleeping and relaxing too little) all deprive the body of nutrition and the opportunity to reinvigorate itself. Remember that leadership is a marathon not a sprint. Prepare yourself for it.
3. Am I exercising daily? Yes or No. There simply is no better stress relieving activity than physical exertion. Reading, visualizing and meditating are all fine – but they can't beat physical activity and movement (walking, running, swimming, biking, gardening) for releasing the pent up emotions common in our lives and work. So, get moving!
4. Is it worth it? Yes or No. This is the question I ask myself regularly – and so should you. Are the activities in your life worth the physical and emotional price you are paying for them? If your answer to your own question is "yes," then go full speed ahead. Grab for all the gusto. But if your answer is "no," begin now to reprioritize your life and do those things, with those people, that are most important to you. It will be worth it. I promise.