

# DECA DIRECT

## DISCUSSION GUIDE

DE-STRESS

### SUMMARY

In this executive mentor roundtable, two leaders share how stress—good and bad—plays a role in their everyday lives and offer tips and tricks to help you manage your stress in your personal and professional life.

NAME \_\_\_\_\_

DATE \_\_\_\_\_

Watch the Executive Mentor Roundtable on “De-stressing” ([vimeo.com/decainc/roundtable-de-stress](https://vimeo.com/decainc/roundtable-de-stress)) and then answer the following questions.

1. Helen mentions that whether an organization has been positively or negatively impacted by the COVID-19 pandemic, stress seems to have increased for everyone.

Research and select two companies—one that is performing better and that is performing worse since the pandemic began. For each, why do you think stress would have increased for employees?

*Performing Better:*

*Performing Worse:*

2. Everyone exhibits signs of stress in moments of pressure or challenge. What are your “warning signs” that you (or others around you) notice first?

3. Select one of the stress management techniques shared by the panelists that you will try. Why do you think this method might be effective for you?

4. Since the COVID-19 pandemic began, have you gotten better or worse at time management and scheduling your priorities? Why?

5. Practice reframing a stressful situation. Sally mentions that stress can be a great motivator to help you meet your goals. First, identify a stressful situation you are currently experiencing.

*My stressful situation is...*

Now, flip it positive! Reframe the same situation as an opportunity or goal.

*In this situation, my opportunity is...*

Finally, list three specific steps you will take make the most of your new opportunity and achieve a positive outcome.

<b>1</b>	
<b>2</b>	
<b>3</b>	

6. Have you ever felt like you don't have enough time for all of your activities and commitments? How can you say "No," or reduce your involvement without feeling guilty?

7. Do you find it easy or difficult to ask for help? Why?

What is a current situation that you could use assistance with? Who will you ask for help?

8. What is the most stressful situation you have experienced? How did you respond and what was the outcome?

Looking back, is there anything you would do differently now?

For more tips and resources on **De-stressing**, check out the [November-December 2020 issue](#) of the DECA Direct magazine.