

Workshop: getting stress hardy

Module: #6 Managing stress by ... changing your reaction to stressful situations

Coaching

When you're in a stressful situation, you have three alternatives if you want to take some action to relieve the distress you are suffering from:

- You can change your reaction (actions) to the stressful situation.
- You can change your thinking (attitudes, beliefs, opinions) about the stressful situations.
- You can take a temporary break from the situation.

To change your reaction to stressful situations, consider the following questions:

1. Decide if the situation is changeable
 - Situations created by people are changeable because people are changeable.
 - Circumstances that happen to people are not changeable e.g. heart attacks, cancer, traffic injury, birth defects.
2. If changeable, can you change it?
 - Is it something that you personally have control over?
3. Even if you can change it, is it worthwhile to do so?
 - Sometimes the emotional costs are so high, the change is not worth the trouble.
4. If changeable by someone else, what steps can you take that will have some influence?
 - How? Where? When?

Mentoring

Thinking about a stressful situation you face, do the following analysis:

Describe the situation

Is the situation changeable?

If changeable, can I change it?

If changeable by someone else can I influence?

- How? _____
- Where? _____
- When? _____

Is it worthwhile changing the situation?

About the OCC

The Online COACHING CENTRE (OCC) is LAWPRO's innovative online education tool. It lets you quickly and easily enhance a variety of "soft skills" that not only help you survive and thrive, but also help reduce malpractice claims.

The OCC is entirely Web-based, allowing lawyers across Ontario to use it at a time and place convenient to them. It is organized into six workshops, each of which contains approximately 25 learning modules, such as the one profiled on this page. Modules encourage self-teaching and self-evaluation; answers you provide when working in the modules should be saved for review at a later time.

To access the OCC, go to www.practicepro.ca/occ