



What Kind of Co-worker Do I Want to Be During Stressful Times?

How do you respond to stress?

When you're in flight/fight/freeze mode, the workday is going to be hard to get through. Use these suggestions to move away from reactivity and toward learning and growth. It will help you build joy in work.

REACTIVE



- » I get angry easily.
- » I feel scared.
- » I'm having a lot of fear-based conversations.
- » It's hard to listen to other opinions and ideas.

To move towards learning:

- » Do deep breathing for 1 minute.
- » Focus on facts, not fears.
- » Do a body scan and stretch to release any tension.
- » Use the Calm and myStrength apps at kp.org/selfcareapps.
- » Contact the Employee Assistance Program for support at kp.org/eap.

To move towards growth:

- » Continue to focus on facts.
- » Take 1-minute self-compassion breaks.
- » Talk with a friend.
- » Do small daily acts of kindness.
- » Take time to express gratitude to a co-worker.



LEARNING

- » I focus on what I can control.
- » I am more mindful of what I'm eating/drinking and what I'm reading/watching.
- » I notice what I'm feeling and how much I feel it.
- » I'm more able to assess situations and choose how to act.
- » I'm able to believe that everyone is trying to do their best.

GROWTH



- » I look for ways to support my co-workers and I have the energy to help.
- » I'm able to share my skills.
- » I'm staying in the present moment.
- » I express gratitude.
- » I practice self-compassion and am also able to feel compassion for others.
- » I can reframe things in a more positive way.
- » I can be flexible.
- » I take time for me to recharge and reconnect.