

QUOTES, QUIBBLE, QUESTION

19TH EDITION

FROM
THE
COACHING
GUY

WELCOME

In the fast-paced world of today's workplaces, stress has become an unwelcome companion for many. From looming deadlines to challenging projects, the demands of the modern work environment can take a toll on our mental well-being. Understanding the connection between stress and behaviour in the workplace is crucial for fostering a healthier, more supportive work culture. In this article, we'll explore the links between stress and workplace behaviours, identify signs of stress in others, and discuss how recognizing personal triggers can pave the way for better self-support.

QUOTES

"Do not anticipate trouble, or worry about what may never happen. Keep in the sunlight." - [Benjamin Franklin](#)

"Don't stress the could-haves. If it should have, it would have." – [Unknown](#)

"Stress is like a rocking chair; it gives you something to do but gets you nowhere." – [Unknown](#)

"Life is 10% what happens to us and 90% how we react to it." - [Charles R. Swindoll](#)

Q U I B B L E

Oh, stress, that elusive creature that seems to lurk in the shadows of our daily lives. Some folks argue it's just a buzzword, a convenient excuse for our occasional meltdowns. "Stress is just a state of mind," they say, as if it's some mythical unicorn that only a select few have the pleasure of encountering.

But let's be real, stress is no imaginary friend. It's that uninvited guest that barges into our lives unannounced and overstays its welcome. It's the messy roommate that leaves its socks and anxieties scattered all over our mental living room.

Sure, there are those who claim they thrive under stress, treating it like some kind of adrenaline-fueled superhero cape. They'll tell you tales of last-minute deadlines and high-pressure situations, wearing their stress as a badge of honor. But let's not kid ourselves – even the toughest of cookies crumble under too much pressure.

And then there are the skeptics who roll their eyes at the mere mention of stress, dismissing it as a made-up concept for the weak-willed. "Oh, just relax and take a deep breath," they advise, as if a deep breath can magically make impending deadlines disappear or financial woes vanish.

Let's not forget the classic line, "Everyone deals with stress; it's a part of life." Well, sure, it's like that distant relative who always shows up uninvited at family gatherings – you can't escape them, but that doesn't mean you have to enjoy their company.

In the end, stress is as real as the bills waiting in your mailbox and the overflowing laundry basket. It affects us all, in different ways and at different times. So, next time someone dismisses stress as a figment of the imagination, kindly invite them to navigate a Monday morning traffic jam or survive a surprise deadline. They might just change their tune about this very tangible, very human experience.

QUESTION

What can you do to respond differently to Stress?

My thoughts as a starting point are:

Understand the connections between stress and your behaviour.

Look out of signs in others.

Understand you own personal triggers.

Understand the physical sign that represent themselves in you.

Support yourself differently.

Ask your employer for help.

Workplace stress is an inevitable part of professional life, but understanding its impact on behaviours, recognizing signs in others, and identifying personal triggers can empower individuals to navigate the challenges more effectively. By fostering a workplace culture that values mental health and prioritizes support, organizations can create an environment where employees thrive both personally and professionally.

THANKS

For reading this week's newsletter.

If you have other subjects that you would like to hear about, drop me an email at

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