

# Handling Stress

## Information for the Leadership Advisory Board



Leadership isn't easy. At times, being a leader can be quite stressful. Too much stress can cause unwanted problems on a multitude of levels. A good leader must be aware of their abilities and their limits in order to prevent unwanted stress.

Stress is a non-specific, personal response of the body to a demand placed on it. Good stress can add flavor, challenge and even opportunity to life. Too much stress, however, can have a negative affect on physical and mental well-being. It is the balance of good stress and bad stress and making stress work for you rather than against you that provides a major challenge in today's world.

Stress is all around us. Stress can come from mental and emotional activity as well as physical activity. The feeling of stress is that of anxiousness. Stress is a personal response, so it is the individual attitude, personality and approach to life that will influence the response to stress.

There are many ways stress can affect us, including: emotions (anxiety, depression, tension or even anger), the way we think (forgetfulness, lack of concentration, indecisiveness, hopelessness) and behaviors (excessive drinking, smoking and eating, insomnia, and nervousness). The body reacts to stress in three stages: alarm, resistance, and exhaustion.

**Conclusion:** As leaders in our communities, we must be constantly aware of stress and our ability to manage it. A good leader will utilize resources and delegate responsibilities when available and necessary. Be an effective leader by being organized and utilize time management skills. Procrastination is not a positive attribute of a good leader. Follow a regimen of exercise, a healthy diet and adequate amounts of sleep. Know when to say "NO!"

