

# COPING WITH STRESS AND PRESSURE AT WORK (OR AT ANY OTHER FIELD IN LIFE)

Stress, pressure, high demanding jobs or any other field in life can have a direct influence on our health and well being. Stress and pressure can cause psychological stress and tension. The most effective way to deal with these situations and decrease them is with active coping: Be active and not passive. Act and do it for yourself!

One could tackle pressure directly at the core cause, meaning: turning directly to your manager or partner and discussing the issue that causes the pressure and finding a solution together, Or one could act in an indirect way by turning to a good friend and talk.

By sharing our emotions we can expand our point of view and therefore interpret things from a different angle.

By finding other occupations that excite and inspire us is another way to cope.

Good experiences empower us, renew our positive energies and allow us to take things in proportion.

## **Purpose of the process:**

To find the cause of our pressure in life then build a way to cope with it, in an effective way for long term results. The process can take place in a group or one on one session.

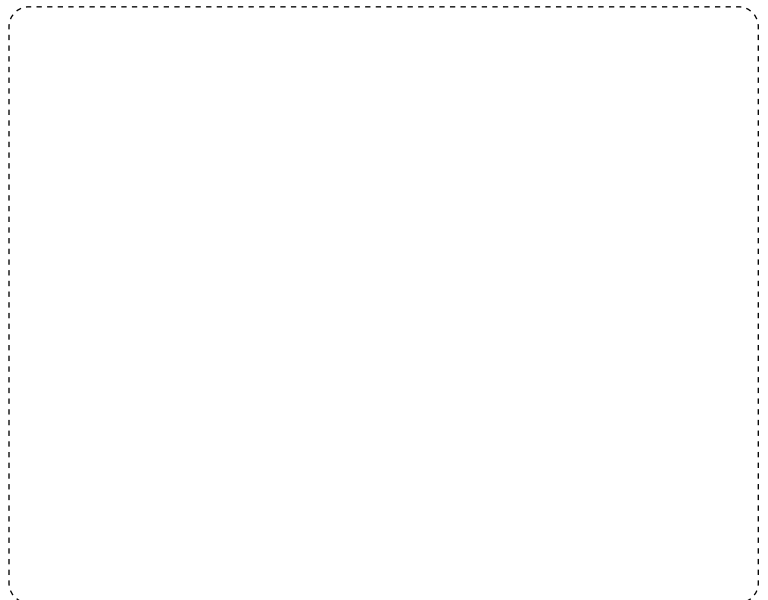
Before we begin I invite you to stop-take a pause before we begin. Play a musical track of 5-10 minutes and take a long and deep breath. Listen to the music and allow all the thoughts to float, Ask yourself: how am I doing? And smile to yourself, even without a reason. By doing this you will already feel better.

Now, choose five cards randomly visibly or concealed, then work by the following order: Randomly or openly select three cards and work according to the following order >>>

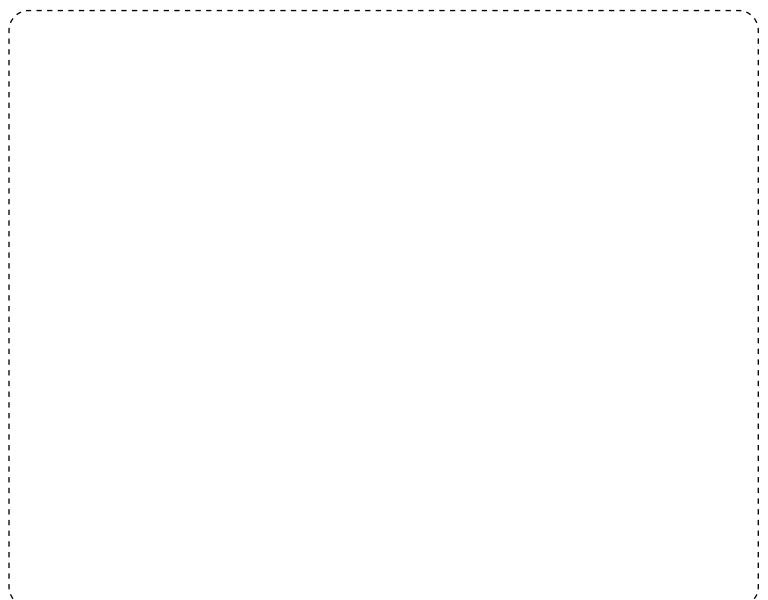
## 1. What is the main source of pressure in my work/life?



## 2. What do I have to do to cope with it directly?



## 3. What powers do I have that will assist me to achieve it?



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During the workshop, after taking a pause, spread the cards in the center of the room facing down (our recommendation), or facing up and ask each participant to choose 5 cards. If the number of participants is above 7 it is recommended to spread another pack of cards.

**1. What activity apart from this matter will excite myself and could bring light into my life?**

**2. What would it take from me to make this happen?**

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**This process map was developed by:**

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