

# Character: Don't Rely on Luck

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# DUO OF TALKS

Tomorrow:

ALL In: Be a Leader You Would Follow

-- 2:30 pm | White River A

# UNDER THE INFLUENCE

...

# OF STRESS

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# MY LIFE





# STRESS IS . . .



# STRESS ( NOUN \ 'STRES / )

1. A specific response by the body to a stimulus, such as FEAR or PAIN, that disturbs or interferes with the normal physiological equilibrium of an organism
2. Physical, mental, or emotional strain or tension

# STRESS TEST | PART I

1	Do you frequently neglect your diet?	Yes/No
2	Do you frequently try to do everything yourself?	Yes/No
3	Do you frequently blow up easily?	Yes/No
4	Do you frequently seek unrealistic goals?	Yes/No
5	Do you frequently fail to see the humor in situations others find funny?	Yes/No
6	Do you frequently get easily irritated?	Yes/No
7	Do you frequently make a “big deal” of everything?	Yes/No
8	Do you frequently complain that you are disorganized?	Yes/No
9	Do you frequently keep everything inside?	Yes/No
10	Do you frequently neglect exercise?	Yes/No



# STRESS TEST I PART II

11	Do you frequently have few supportive relationships?	Yes/No
12	Do you frequently get too little rest?	Yes/No
13	Do you frequently get angry when you are kept waiting?	Yes/No
14	Do you frequently ignore stress symptoms?	Yes/No
15	Do you frequently put things off until later?	Yes/No
16	Do you frequently think there is only one right way to do something?	Yes/No
17	Do you frequently fail to build relaxation into every day?	Yes/No
18	Do you frequently spend a lot of time complaining about the past?	Yes/No
19	Do you frequently race through the day?	Yes/No
20	Do you frequently feel unable to cope with all you have to do?	Yes/No

# WHERE AM I?

SCORE	STRESS CLASSIFICATION
5 OR <	A-OK
6 – 10	Just Breathe
11 – 15	Over-Stressed
> 15	Watch Out!!

# THE WRONG APPROACH

## Stress Reduction Kit

**Bang  
Head  
Here**

### Directions:

1. Place kit on FIRM surface.
2. Follow directions in circle of kit.
3. Repeat step 2 as necessary, or until unconscious.
4. If unconscious, cease stress reduction activity.



# A LINE IN THE SAND OF YOUR LIFE

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**MAJOR  
STRESSORS**

**MINOR  
STRESSORS**



# MINOR STRESSOR ?!



# MINOR STRESS REDUCTION TIPS

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MAKE  
1  
EXCELLENT  
DECISIONS



# MINOR STRESS REDUCTION TIPS

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SET PRIORITIES

&  
ADOPT A BIG  
PICTURE

PERSPECTIVE

# MINOR STRESS REDUCTION TIPS

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AVOID  
DOING TOO  
MUCH



# MINOR STRESS REDUCTION TIPS

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AVOID  
SEEKING  
PERFECTION



# MINOR STRESS REDUCTION TIPS

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DON'T WORRY  
ABOUT BAD  
THINGS THAT  
COULD HAPPEN

GOOD LUCK

# MINOR STRESS REDUCTION TIPS

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IMPROVE  
&  
YOUR  
LIFESTYLE



# MINOR STRESS REDUCTION TIPS

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BE ~~MORE~~  
FLEXIBLE

LIFE



# MINOR STRESS REDUCTION TIPS

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TALK  
&  
BE OPEN  
TO TALKING

# MINOR STRESS REDUCTION TIPS

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WATCH  
@  
THE  
SUNSET

# MINOR STRESS REDUCTION TIPS

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GO TO BED

A BIT

EARLIER



# MINOR STRESS REDUCTION TIPS

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WATCH A  
CARTOON

CARTOON

# MINOR STRESS REDUCTION TIPS

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SAY & DO  
SOMETHING  
NICE

# MINOR STRESS REDUCTION TIPS

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LAUGH,  
13  
GIGGLE &  
SNORT



# MINOR STRESS REDUCTION TIPS

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PET 14 DOG

# MINOR STRESS REDUCTION TIPS

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TAKE A  
WALK

# MINOR STRESS REDUCTION TIPS

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READ  
16  
SOMETHING

SOMETHING



# MINOR STRESS REDUCTION TIPS

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GIVE  
**17**  
SOMEONE  
A HUG

# MINOR STRESS REDUCTION TIPS

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PLAY WITH  
A KID

# MINOR STRESS REDUCTION TIPS

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## CLEAN UP 10 Your ROOM



# MINOR STRESS REDUCTION TIPS

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STRETCH &  
TAKE 5 DEEP  
20 BREATHS

DIKEVILLE

IN THE END . . .

“THERE’S STILL SOME GOOD  
LEFT IN THIS WORLD. . . .  
AND THAT’S WORTH  
FIGHTING FOR.”

-- LORD OF THE RINGS



# SYDNEY & SOPHIE





# Under The Influence

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