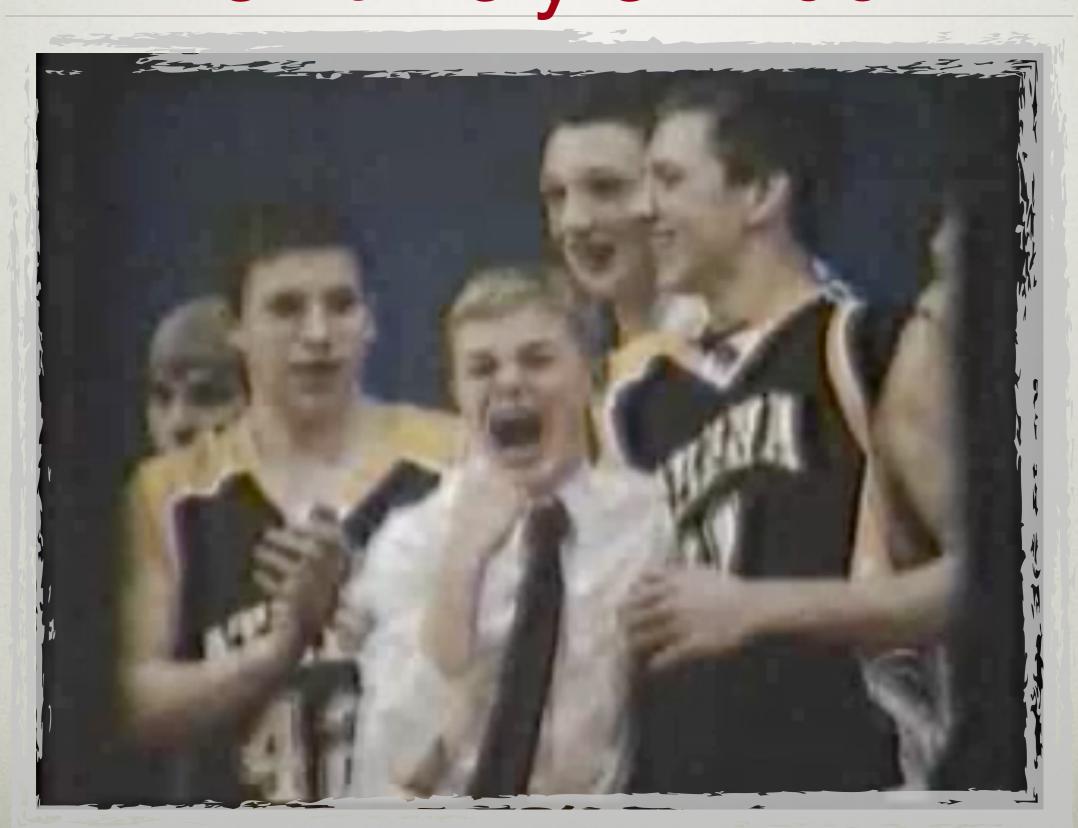
Character: Don't Rely on Luck



Duo of Talks

Tomorrow:

All In: Be a Leader You Would Follow
-- 2:30 pm | White River A

UNDER THE INFLUENCE

OF STRESS

PROFESSOR COREY CIOCCHETTI

DANIELS COLLEGE OF BUSINESS

facebook.com/profc | coreyciocchetti@gmail.com

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?	
3	Do you frequently blow up easily?	
4	Do you frequently seek unrealistic goals?	Yes/No
5	Do you frequently fail to see the humor in situations others find funny?	
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 | PART III

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

MAJOR STRESSORS

MINOR STRESSORS

MINOR STRESSOR ?!



MAKE EXCELLENT DECISIONS

SET PRIORITIES



SEEKING PERFECTION

DON'T WORRY ABOUT BAD THINGS THAT COULD HAPPEN

IMPROVE IJESTYTE

BE MORE FLEXIBLE



GO TO BED FARTIER

WATCHA CARTOON

SAY & D SOMETHING

LAUGH, GIGGEE &

PET A DOG



AATTI

READ SOMETHING

PLAY WITH A KID

THE PARTY OF THE P

CLEAN UP

STRETCH & TAKE 5 DEEP BREATHS

TO THE PARTY OF

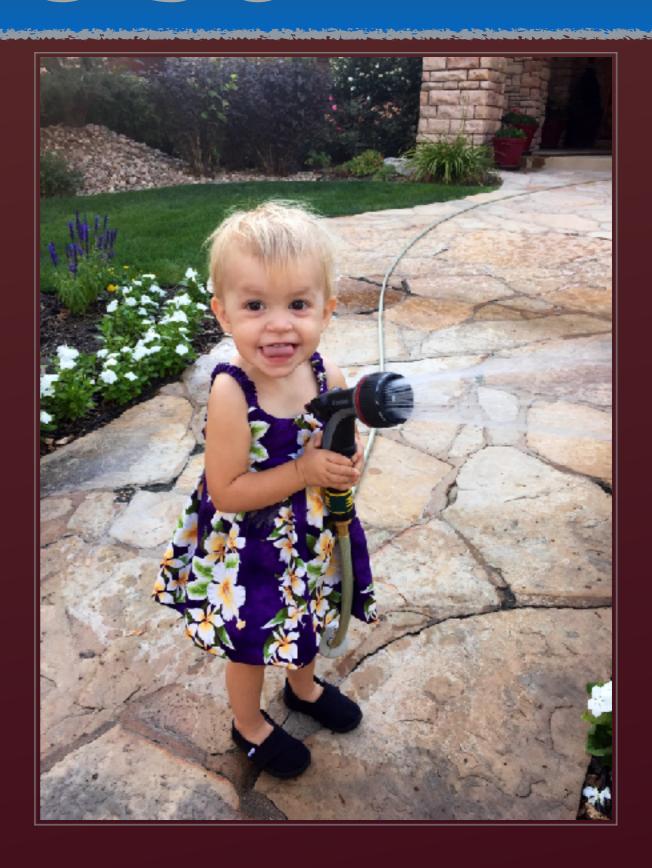
IN THE END . . .

"THERE'S STILL SOME GOOD LEFT IN THIS WORLD.... AND THAT'S WORTH FIGHTING FOR."

-- LORD OF THE RINGS

SYDNEY & SOPHIE





Under The Influence

Professor Corey Ciocchetti Daniels College of Business

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