

How to Deal With Stress, Anxiety and Manage F.E.A.R. In Times of Great Uncertainty



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the
veterinary
leadership
success
show

BLUNT
Dissection
podcast



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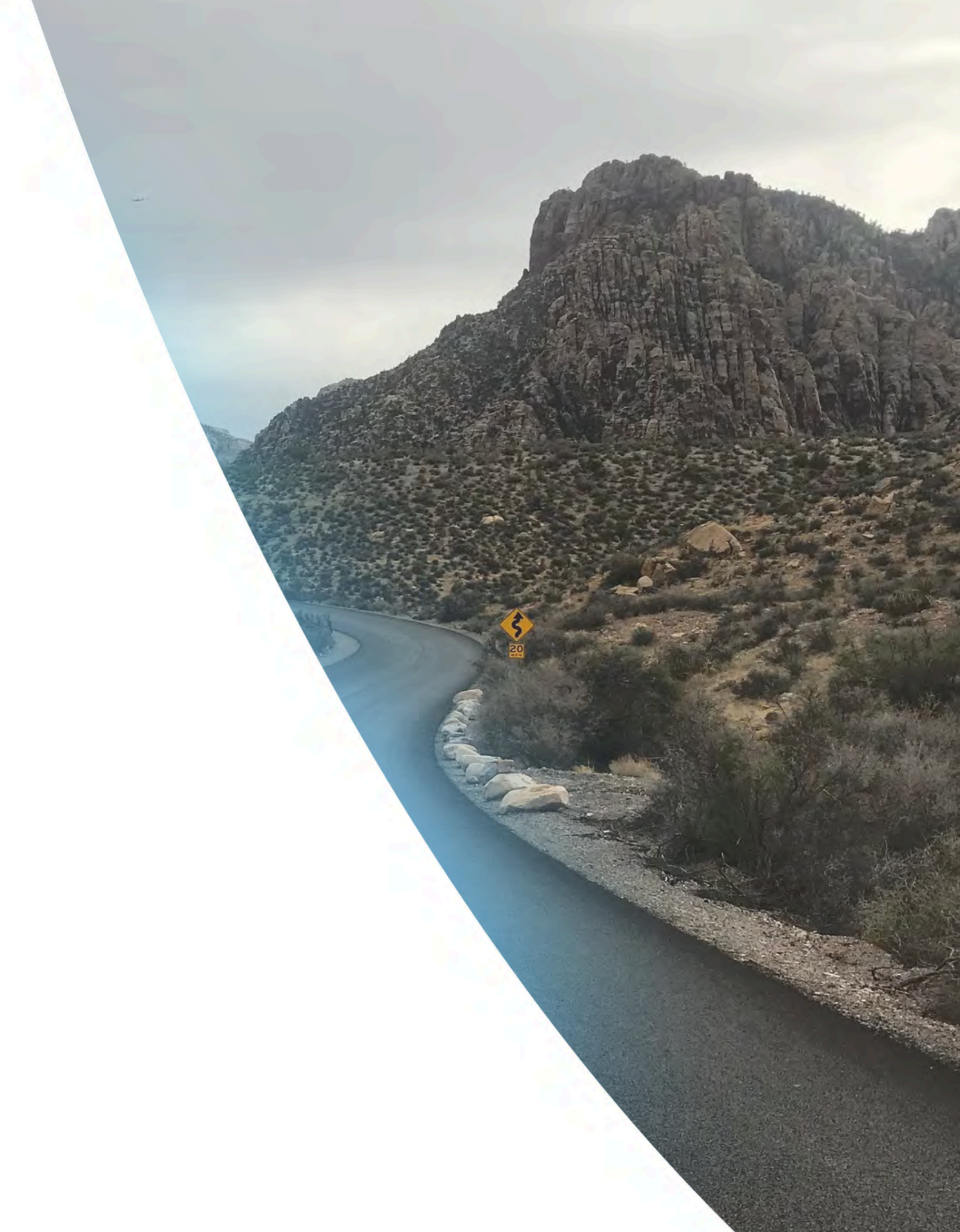
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**Is anyone feeling a
bit stressed out?**



Our Journey

- 1. Defining Stress**
- 2. Sources of Stress**
- 3. Managing Stress**



Part 1

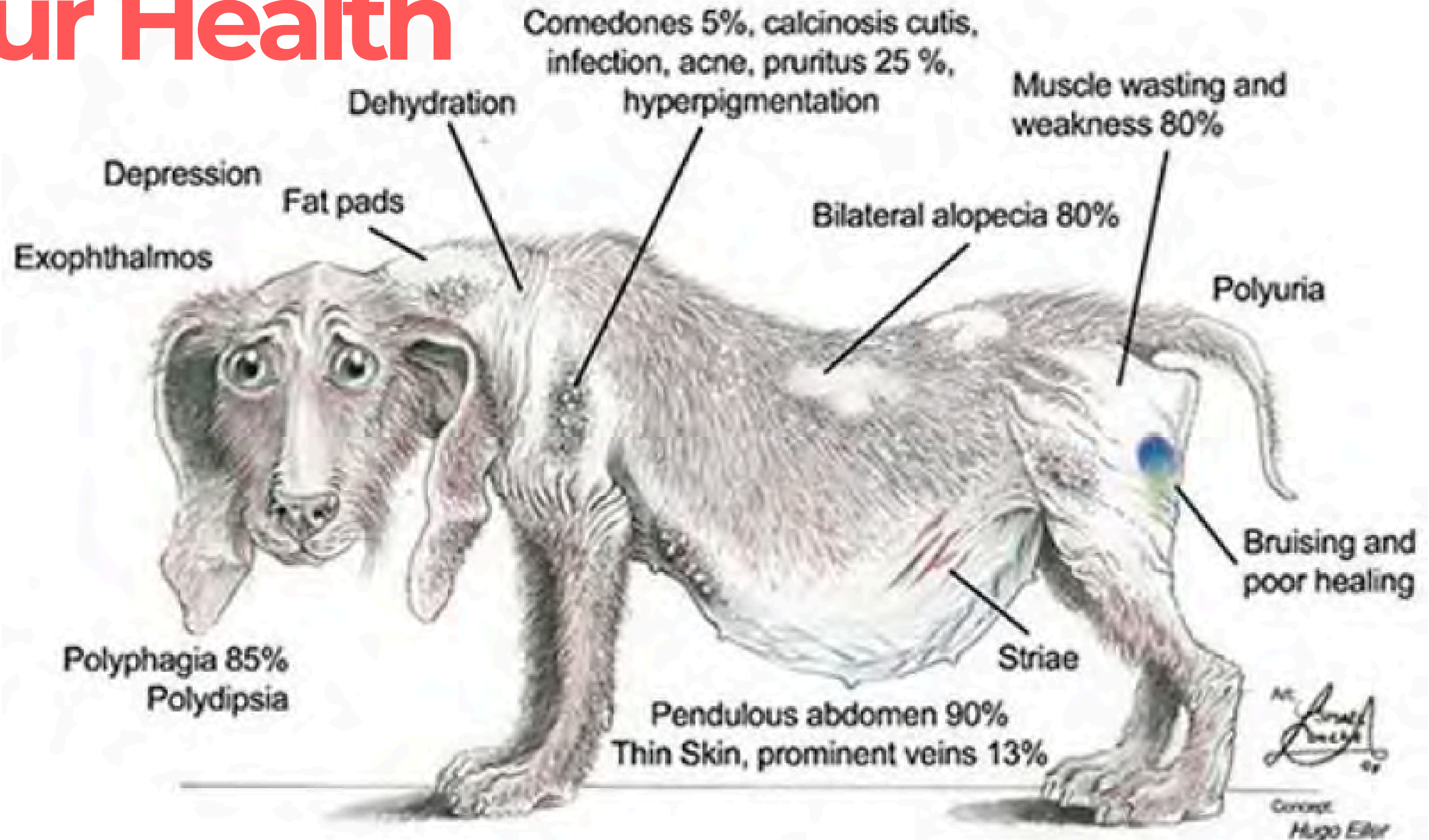
Defining Stress



**What are your
sources of stress?**

**Why does it
matter to talk
about this?**

Our Health




Personal Relationships



Work Quality





Life Quality

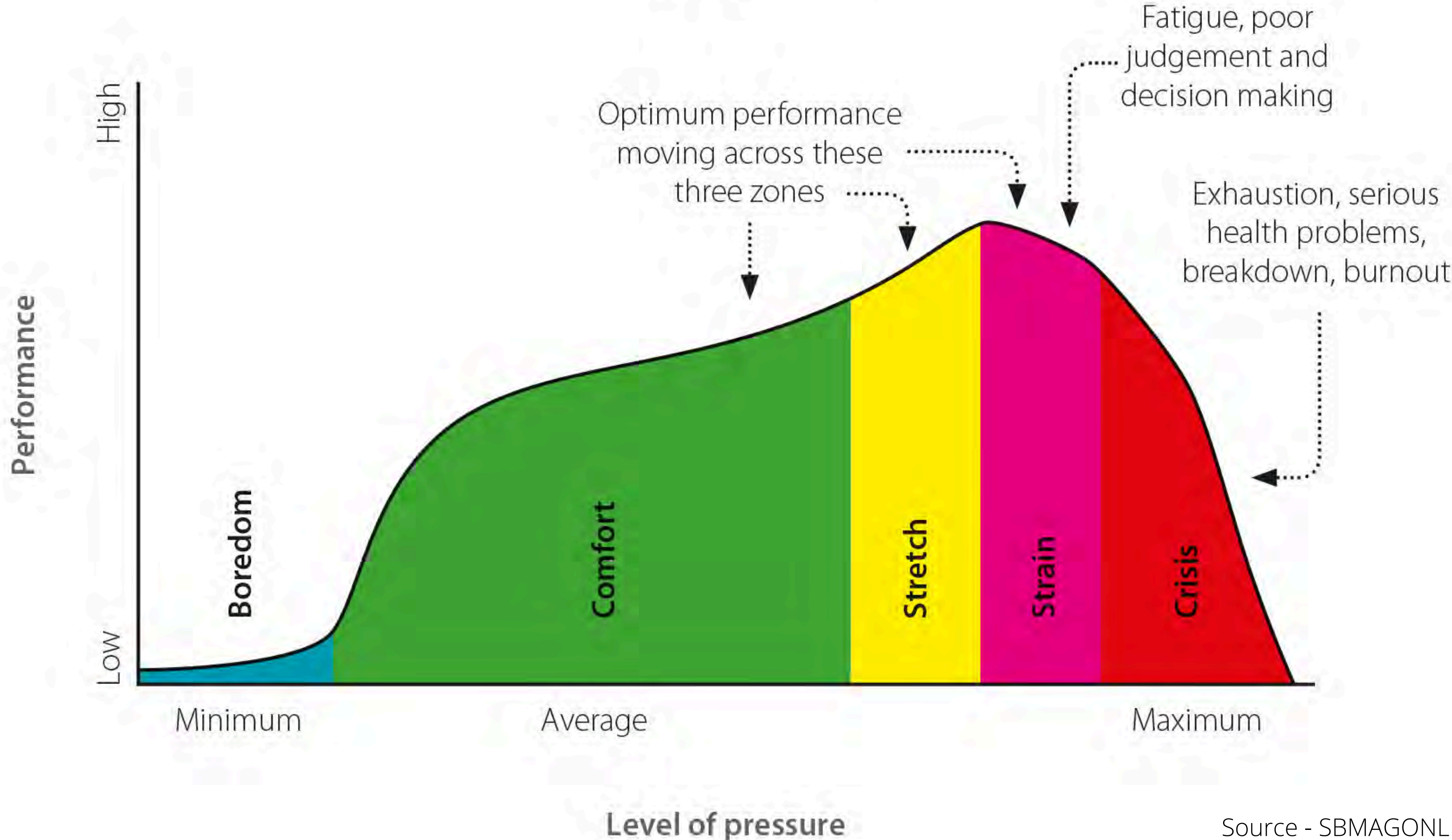
**How do we define
what it is though?**

"Stress occurs when the demands of any situation exceed the resources an individual is able to mobilise"



So is it all bad?

Pressure performance curve



We're not alone



**Stress is not bad. It's
chronic uncontrolled
stress that's the **problem.****

#TAKEAWAY 1

Part 2

Sources of Stress



So where does all
this stress **originate?**

Sources of Stress

1. People
2. Job
3. Environmental
4. Digital
5. Crap F.M.



Taking Inventory

1. Take a burnout risk survey
2. Complete a stressor review
3. Keep a stress diary for a week

**If you are going to manage
your stress, you are going to
have to get to know it like a
(slightly abusive) friend**

#TAKEAWAY 2

Part 3

**Managing
Stress**



Sources of Stress

1. People
2. Job
3. Environmental
4. Digital
5. Crap F.M.



Sources of Stress

1. People

2. Job

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4. Digital

5. Crap F.M.





People Stress





Human Needs

Certainty

Freedom

Connection

Significance

Growth

Contribution

**Rank your needs
top to bottom.**

ALL YOU NEED IS...



**THE FIVE LOVE
LANGUAGES**



Remove toxicity

**"The quality of your
life comes down to
the quality of your
relationships"**

Sources of Stress

1. People

2. Job

3. Environmental

4. Digital

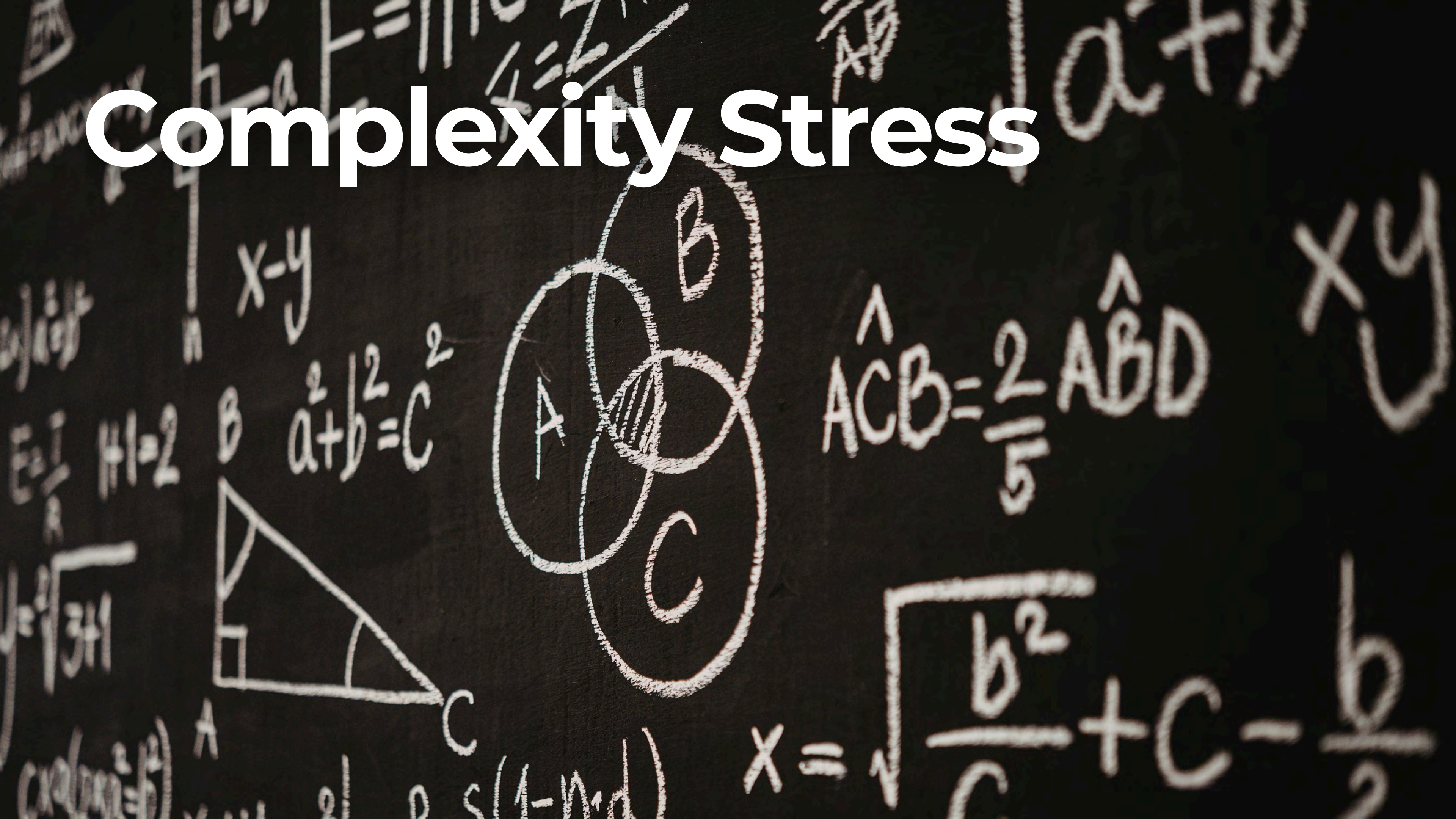
5. Crap F.M.





Volume Stress

Complexity Stress



Containment Stress



**Where is the
system leaking
stress upwards?**

Set Boundaries

Ask for Help

Grow Others

Create Systems/Rules

It's called a **Veterinary**
Practice, not a
Veterinary Perfect!

Sources of Stress

1. People

2. Job

3. Environmental

4. Digital

5. Crap F.M.



Environmental Stress



Environmental Stress



Environmental Stress



**If it's busted...
...get it fixed**

**Big thinking rarely
happens in
high-interruption
environments**

Sources of Stress

A close-up photograph of a person with their hands clasped over their eyes, suggesting stress or emotional distress. The person has dark hair and is wearing a patterned shirt. The background is a plain, light-colored wall.

1. People

2. Job

3. Environmental

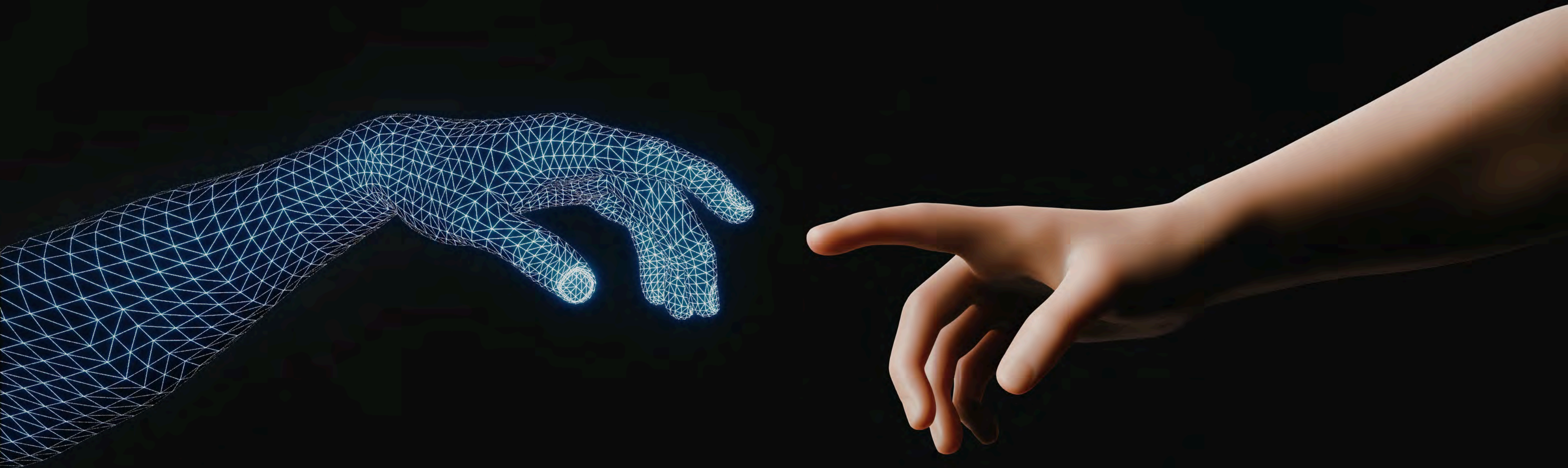
4. Digital

5. Crap F.M.

Tech Stress



Veterinary
Leadership Academy



Tech De-stress?

**We are analogue
creatures living in
a digital world.
Who is in control?**

Sources of Stress

1. People
2. Job
3. Environmental
4. Digital
5. Crap F.M.



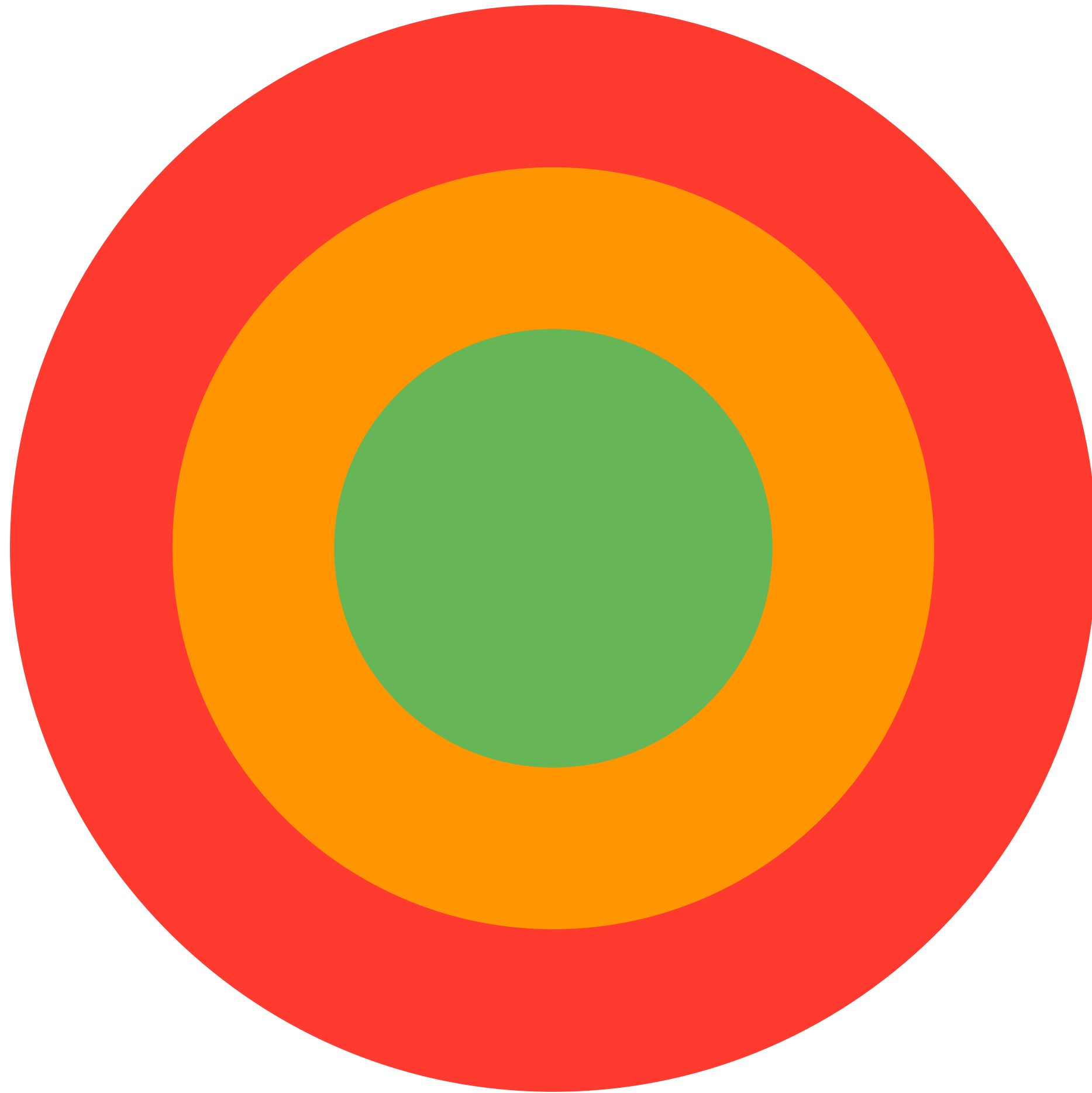


aka Self Stress!

Fact vs Fiction

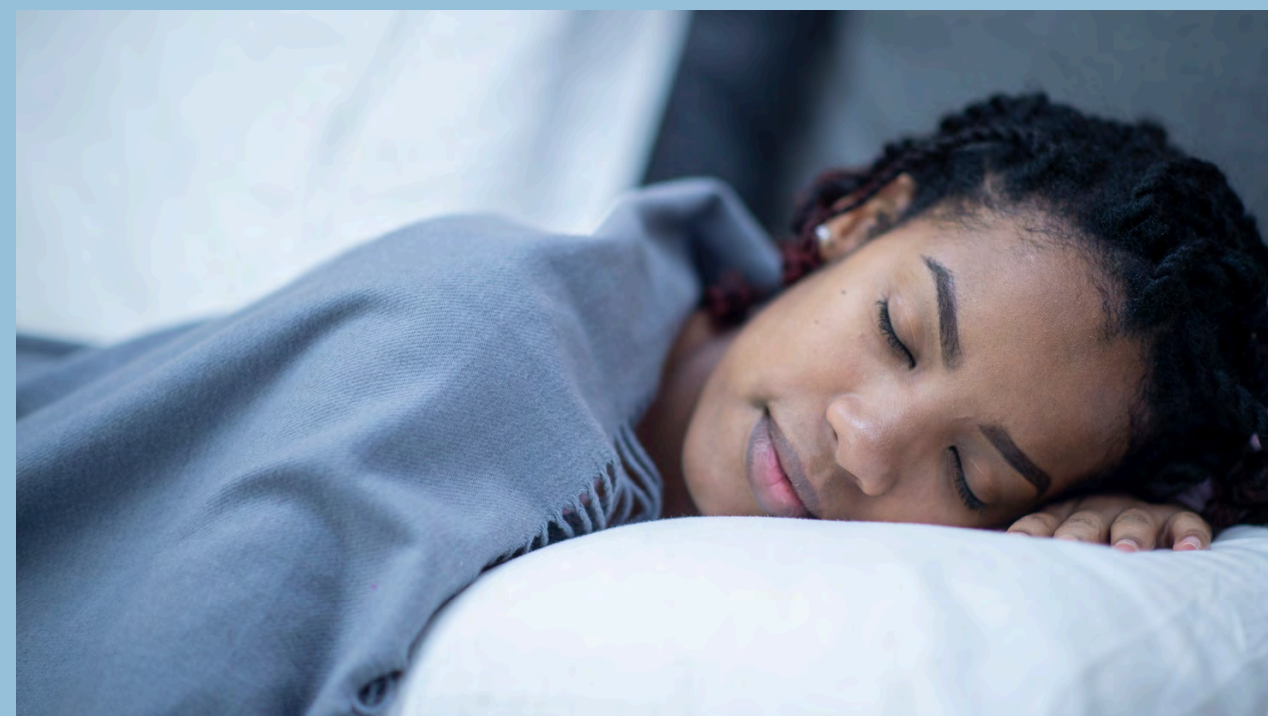
False
Evidence
Appearing
Read





**Suffering in silence or
bearing a grudge is
going to make things
100 times worse for you.
(and everyone else)**

Five to Thrive



Knock These Off



**Grant me the serenity to
accept the things I cannot
change, courage to change
the things I can, and wisdom
to know the difference**

#TAKEAWAY 3

Managing stress effectively requires us to analyse our stress patterns, then make changes to alleviate the problem.

FINAL DESTINATION

Download your workbook.

Learn how to effectively manage fear, stress & anxiety



Thank you

"Never stop exploring your world and the problems it presents. Use the smarts you have to create solutions to those challenges. And try, with everything you have, to be the best version of yourself possible each day. Everyone deserves a leader who helps others to grow and cares deeply about the future for us all."

@drdavenicol

