

STANDING BAREFOOT IN THE FIRE

Stress Management for Conflict Resolution Professionals
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STRESSED OUT





I'LL HAVE A DOUBLE
VANILLA VALIUM VODKA
LATTE, PLEASE...

WORKING DEFINITION

- Stress is the conflict between mind and body when you want to strangle someone who richly deserves it but don't want jail time for it.

DANGER SIGNALS

- “My dear, here we must run as fast as we can, just to stay in place. And if you wish to go anywhere you must run twice as fast as that.”
- “If you don't know where you are going any road can take you there.”
- “If you drink much from a bottle marked 'poison' it is certain to disagree with you sooner or later.”

YOU ARE NOT ALONE!

Everyone suffers from stress. The key to thriving lies in how you manage it.

- What kinds of situations do you find stressful?
- What are your physical and emotional symptoms of stress overload?
- How do you react to it? (What do you do when stressed?)

30 STATEMENTS

- Check the 15 you most agree with.
 - The first 7 or 8 will be easy
 - The next 4 or 5 will be challenging.
 - The last few will be difficult

- (Yes, this is stressful!)

MINDSETS

- Happiness is a fickle Queen. The more we pursue it, the less likely we will be happy.
- Anger is a tyrannical King. Acting out in anger makes you angrier. Instead, let it go.
- The circular trap of trauma and sorrow can often be broken by writing about it – 20 minutes per session, 1 session per day, 4 days.
- Choose your adventure: Choose your stress. Choice and stress are fundamentally intertwined.
- Reframe your thoughts to productively face your fears.
- Mindfulness: Heart healing to manage stress. Breathing, awareness, gratitude.

CHANGE

Unless we understand our own compulsive responses, we cannot change them. If we do not change them, we are drinking from a bottle labeled “poison,” and it will eventually disagree with us.

STRESS KILLS!

DRIVERS

- A sequence of automatic and compulsive behaviors which we are barely aware of, which occur almost instantly when suddenly stressed, and which result in negative feeling patterns and can result in personal and relationally destructive actions.

TRY HARDER





HURRY UP

BE PERFECT



BE STRONG



PLEASE OTHERS



EACH OF THESE CONSTITUTES “MAGICAL THINKING”

1. Anything can be sacred
2. Anything can be cursed.
3. Mind over matter.
4. Rituals bring good luck.
5. Names carry meaning.
6. Karma is just.
7. The world is alive and
 - Loves you
 - Hates you
 - Is evil
 - Is good

ALLOWERS

- A series of conscious thought and behavior modifications which result in reinforcing positive, self-directed autonomous behaviors and which reduce stress feelings in a matter of minutes, resulting in better physical, emotional, and relational well-being.



PERMISSION

- Grant yourself permission to release your beliefs on “conditional love.”



RELEASE YOUR NEED FOR
APPROVAL

THE POWER OF A PARADIGM SHIFT



HAWAIIAN RULES

- Never judge a day by the weather.
- The best things in life aren't things.
- Tell the truth – there's less to remember.
- Speak softly and wear a loud shirt.
- Goals are deceptive – the un-aimed arrow never misses.
- He who dies with the most toys – still dies.
- Age is relative – when you're over the hill you pick up speed.
- There are two ways to be rich – make more or desire less.
- Beauty is internal – looks mean nothing.
- No rain – no rainbows.

FORGIVENESS – THE FINAL FREEDOM

Forgiveness is a choice you make to intentionally and without reservation:

- Dredge up all the pain, anger, and sorrow.**
- Choose to see the offender in the same light as you see yourself – wounded in places that sometimes cause you to act in ways that you later regret.**
- Intentionally release all negative feelings and thoughts towards the offender (repeat multiple times).**
- To forgive is unconditional, for it is a gift to yourself.**
- Healthy reconciliation requires forgiveness and change in both/all.**



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