

CRACKING THE STRESS CODE:

aka THE 9-ish S's OF STRESS MANAGEMENT



PHIL BARTH



Stress Happens



Stress Happens

Introduction and Ground Rules

- *Las Vegas Motto*
- Mute microphones when not speaking, and turn on cameras if possible to enhance engagement.
- Active participation is encouraged.
- But it's not mandatory
- The mind can absorb no more than the seat can endure

Ice Breaker

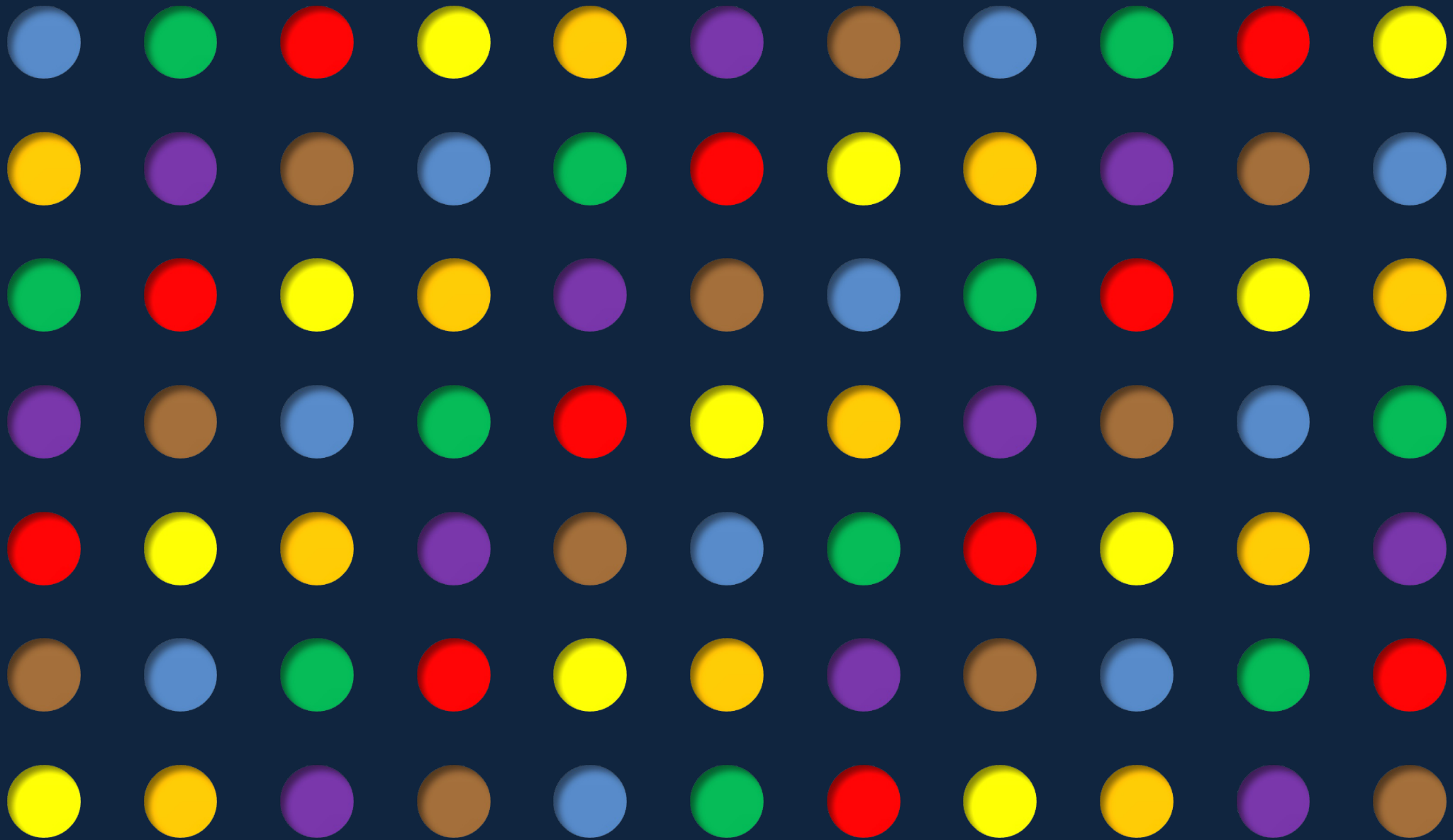
- **Name**
- **What you hope to gain from the class**
- One small positive thing you've experienced today, OR
- One thing from your bucket list, OR
- Most memorable trip you've ever taken OR
- What you're looking forward to this holiday season.

Your Workbook...

Task / Takeaway

By When

To/For/With Whom



Seek the good



Great Things Happen Every Day

Finding joy with family, friends and banana milkshakes



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**What is something great
in your life?**



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Seek it
See it
Save it
Share it!



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“Excuse me... how much is your dollar beer?”



Subtract the bad



**27% greater likelihood of reporting
their day as unhappy six to eight
hours later.**



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Link to Shawn Achor's TED Talk



[The Happy Secret to Better Work \(TEDx Bloomington\)](#)

"Your relentless political Facebook posts finally turned me around to your way of thinking."

Said nobody, ever.



som^{ee}cards
user card



The best part of
Facebook

Barth's Distinction:
There are two types of people:
Those who divide people into two
groups and those who don't.



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What do you need to change on Social Media?



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Identify your red triggers

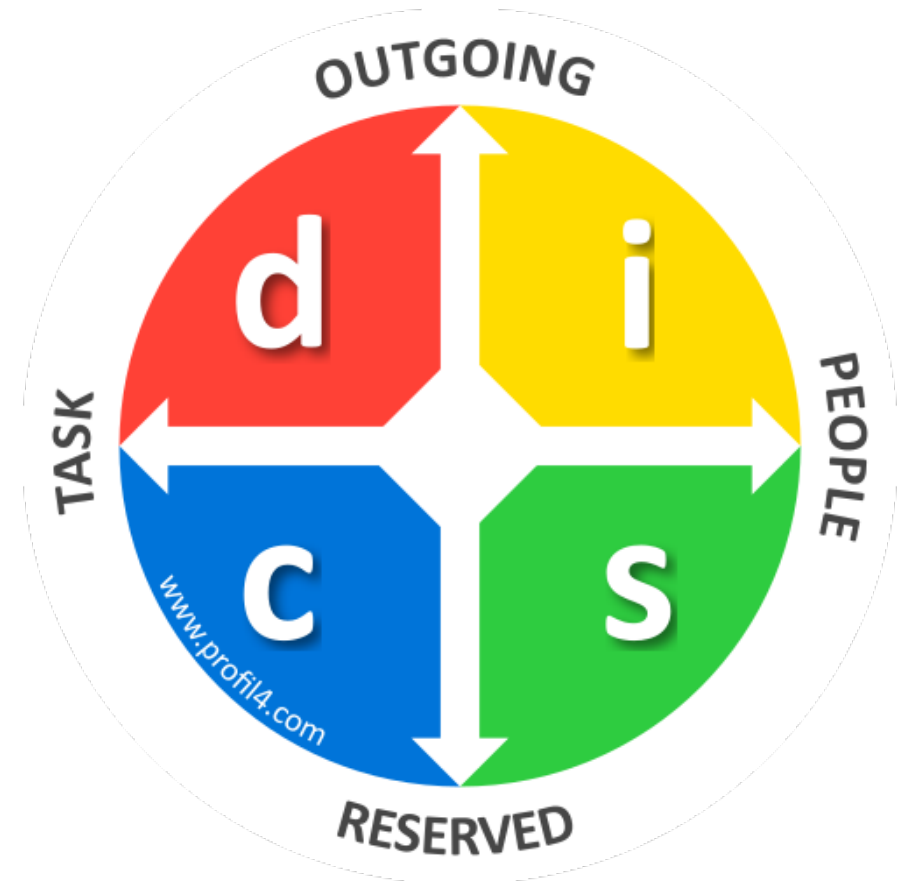


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DISC Profile

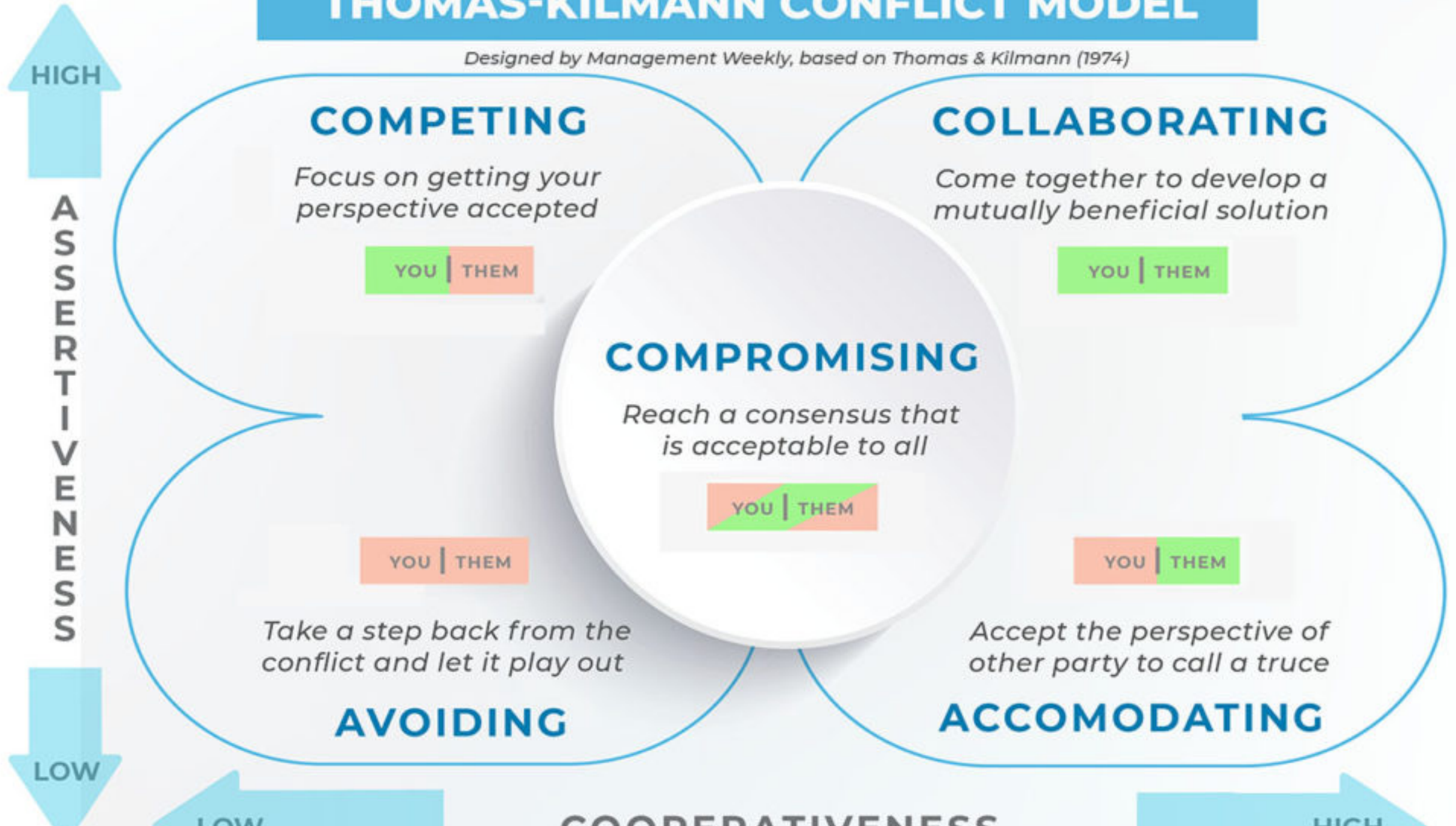
Dominance Influence Steadiness
Conscienttiousness

- <https://www.mydiscprofile.com/en-us/free-personality-test.php>



THOMAS-KILMANN CONFLICT MODEL

Designed by Management Weekly, based on Thomas & Kilmann (1974)



Conflict Management

- Active listening
- Explaining (Current, Past, Future)
- Negotiation
- Commitment

In low trust conflicts you may need to explain first (Crucial Conversations).

BATNA

(Best Alternative to a Negotiated Agreement)

OOGANA

(Odds of Getting a Negotiated Agreement)



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Other conflict management resources

[Linked In Learning: Fred Kofman on
Managing Conflict](#)

[Why Conflict is a Good Thing – Dale
Feinauer \(TEDx Oshkosh\)](#)



**Can't subtract any more?
ADD
(Acknowledge, Don't Dwell)**



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The stress management formula

$$+ + + = -$$

The stress management formula

$$++++ > -$$

**What do you need to
change in real life?**



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The benefits of buying in bulk

Stop Taking Yourself So Seriously





Squirrel!!!



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**If I can put a chicken
on a QR code...**

Wait... what?

...information regarding the Freshman Zoo Visit:

There is no cost for students or families for this trip. **If students would like to purchase snakes or merchandise at the zoo, they are welcome to bring their own spending money. Any money brought with students is of sole responsibility of the student.**

Students will need to report to school by 8:00 AM. Transportation to and from the Cincinnati Zoo and Williamsburg High School will be provided for all students. Students will need to bring a packed lunch with them. Lunches will be stored on the bus until lunch time at the zoo.

Any student who receives free/ reduced lunch at the school will be provided with a packed lunch on this day. If needed, please "check" below that your child would like a lunch.

...anyone has questions...

2020 Contest Speech ideas

12/15/19

PERU

LESSON

Language Barrier

When we seek to understand...

→ WATCH TOP 3 AGAIN.

How did they incorporate theme?

TRYING TO SAVE FACE

→ In this version the mission and the why are unimportant - other than I have to answer "Why were you there?"

And that (mission) brings up a whole new series of questions that can't be blown through in 5-7.

Unless... you fudge it a little.

Combo character ... or just outside of the slum.

OR... don't frame it as a mission trip - just talk about helping build a clinic.

→ WOULD NEED A TIE BACK @ THE END.

DAD

making audience therapist...

- DON'T REALLY HAVE A BUILD STORY THAT FITS THE CONTEST MODEL.

SEA BASE

LESSON

Seize the moment.

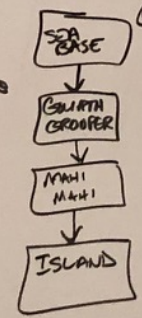
→ REVIEW ALL SEA BASE SPEECHES.

• I SUSPECT THEY NEED LIFE ADDED TO THE M.

STORY TELLING (CONTEST WORTHY) → BUILD ON THIS, IN SEA BASE ITSELF, IS GONNA BE TOUGH TO IMPOSSIBLE.

"My own private island"

↑
MOMENT IS GREAT... STORY IS LACKING.
↓
Less Repeatable or Story's (lol!)



2018

- | | | | |
|-------------|-------------|------------|----------|
| Ohio | Michigan | Florida | Illinois |
| Kentucky | New York | Oregon | Georgia |
| Tennessee | N. Carolina | California | |
| Mississippi | S. Carolina | Washington | |
| W. Va. | Minnesota | Indiana | |
| Virginia | | | |

2019

- | | | | |
|-------------|---------------|--------------|---------|
| Ohio | Michigan | Rhode Island | Alberta |
| Kentucky | N. Carolina | Indiana | Ontario |
| Tennessee | S. Carolina | Washington | Peru |
| Mississippi | Minnesota | Georgia | |
| W. Va. | Massachusetts | | |
| Virginia | | | |

Get white board cleaner

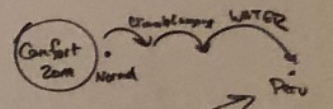
ALL DREAMS ARE EQUAL

Lesson: So dream big. (Could be Peru Moral)

WE'RE A BOSS IS WE'RE A BEST SELLER

→ TAKE THE SAME AMT. OF TIME

→ TAKE THE SAME AMT. OF EFFORT.



- Less people out here.

"How can I say no?"

→ SPANISH STORY DOESN'T FIT REAL WELL IN THIS THEME.

ANOTHER THEME: SO TIED UP WORRYING ABOUT THE END DESTINATION WE FORGET TO APPRECIATE THE JOURNEY

Love You
♡

CANCEL

ATL MEM

DONE

DL1422 - MD-88

SEAT KEY

MAIN CABIN

⊗	⊗	⊗	28	⊗	⊗
⊗	⊗	⊗	29	⊗	⊗
⊗	⊗	⊗	30	⊗	⊗
⊗	⊗	⊗	31	⊗	⊗



⊗	⊗	⊗	32	⊗	⊗
⊗	⊗	⊗	33	⊗	⊗
⊗	⊗	⊗	34	⊗	⊗
⊗	⊗	⊗	35	⊗	⊗
⊗	⊗	⊗	36	⊗	⊗

PB



33A

Philipjmr Barth

NEXT FLIGHT



What random act will you do?



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Step out of your comfort zone



**Where can you step out of your
comfort zone?**



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**27% greater likelihood of reporting
their day as unhappy six to eight
hours later.**



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**From three minutes.
First thing in the morning.**



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Start the day off right



The stress management morning formula:

A + B + C + D

The stress management morning formula:

$$A + B + C + D = G$$

Start the day off right



End the day right

What are your morning Routines?

- *Affirmations*
- *Book / Bible Reading*
- *Coffee*
- *Dogs*
- Walk the dog (two for one!)
- Pet the cat
- Set myself up for success by planning the morning the night before.
- Pep talk with the family first thing in the morning

Holiday Shopping Tip

Store Pickup or Ship to Home?

- Store Pickup — Free**
Ready for pickup starting Mon., Dec. 24
Confirm pickup location during checkout
- Ship to Home — Free**
Arrives by Fri., Dec. 21 with Standard Shipping
Select faster shipping speeds during checkout

See more pickup and shipping details

Which cart did the guys fill?



Some dogs don't like meat?



UMPIRE
SUITE

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What are your morning routines?



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Too Good to Not Add



- ✓ Dopamine - goal even small.
- ✓ Endorphins- laugh, exercise, music.
- ✓ Serotonin - go outside.
- ✓ Oxytocin – pet your cat or dog.



Step Back in Time...



TAKE ME BACK...

Spinners “Rubberband Man” (Snorkeling in the keys)

REM “Camera” (Dancing with my wife at our wedding)

Chuck Berry “You Never Can Tell” (Dancing with our newborn baby)

Anything by Waylon Jennings (Dad driving us to Florida for vacation)

Billy Joel “Movin’ Out” (Playing video games at the Ottawa County Fair)



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Songs to take you back (Added)

- The Devil Went Down to Georgia - Charlie Daniels Band
- The Devil Went Down to Georgia – Korn
- Blue Angel – Roy Orbison

What songs take you back?



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Small Things Make a Difference



Small wins = Big results



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New Christmas Storage Area



Painted Finished Basement

Fixed a hole in the wall



Never again...



New Home Office

Finished our corn hole set



Assembled a basketball hoop (twice)

Organized guitar storage





New Puppy!

**“Doing something that is
productive is a great way to
alleviate emotional stress.”
- Ziggy Marley**



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**“Plan the work and work the plan”
- my friend Joe’s mom**



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What are your small stress busters?



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Small Steps

- Drop one kind of food
- Take three fewer bites per meal (from my Doctor)
- Take x steps per day
- Three minutes gratitude practice
- Take five breathing exercise.
- Stretch the neck yoga.
- Tense / Release

Manage Your Availability

- Selectively disconnect – turn off everything.
- Email twice a day (and **not** first thing).
- Eat the frog.
- Get a timer
- Learn how to say no (or not now)
- Block your calendar (and make it private)

Other Ideas

- Write everything down (**Getting Things Done**)
- Another S - Sleep
- Stop Multi-tasking!

Stop Sitting / Start Moving



Move more

- Sanjay Gupta – Keep Sharp
- Walk 30 minutes per day gets physical / cognitive and emotional benefits
- Aerobic / Strength / Flexibility / Balance

Walk faster

- Duke University – people who walk slower are at risk.
 - 1.8 (32 minutes / mile) mph will live average
 - 1.3 (46 minutes / mile) greater risk at dying young.
- Use walking sticks or poles.
 - Works entire body.

Book recommendations

- Mental sharpness: Sanjay Gupta – Keep Sharp
- Stress Free Productivity: David Allen – Getting Things Done
- Meditation: Dan Harris – 10% Happier
- Happiness: Dan Buettner – Thrive
- Year of Yes – Shonda Rhimes
- The War of Art – Steven Pressfield
- The Four Hour Workweek – Tim Ferriss
- The Art of Stillness – Pico Iyer
- It Worked for Me – Colin Powell
- Essentialism – Greg McKeown

Book recommendations (added in class)

- 48 Laws of Power – Robert Greene
- Green Lights – Matthew McConaughey
- A Dog's Purpose – W. Bruce Cameron
- Atomic Habits – James Clear
- Pride and Protest – Nikki Payne
- The Power of Fun – Catherine Price
- Slowing Down to the Speed of Life – Joseph Bailey and Richard Carlson
- Unplug – Suze Yalof Schwartz and Debra Goldsten

Other Recommendations

- Yoga with Adrienne (YouTube)
- The Tim Ferriss Show (Podcast – deconstructing world class performance) – (E)
- Be It Till You See It – Lesley Logan (Exercise / Inspiration) – (E)
- Agile Dad – Lee Henson (Agile / Inspiration)
- Relentless Positivity – Joe Martin (Inspiration)

What makes you laugh?



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Self Love



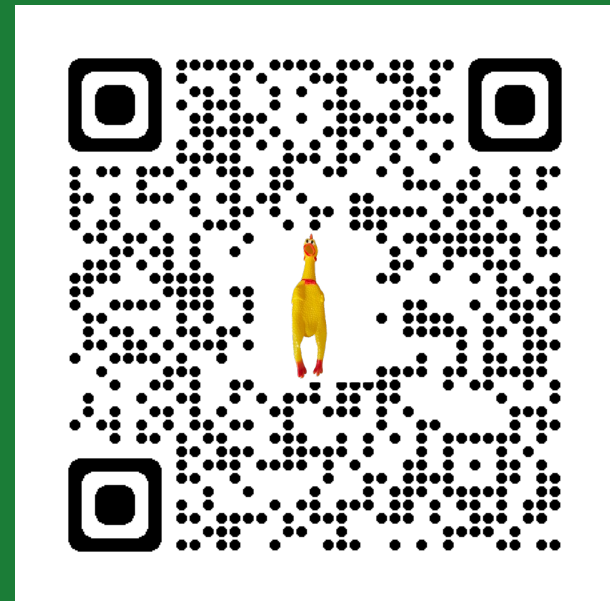
Homework: Love Letter to yourself



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Thank you!

www.philbarth.com



David Allen exercise



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Feedback is a gift!

Code is TALK.

Email is optional.

