

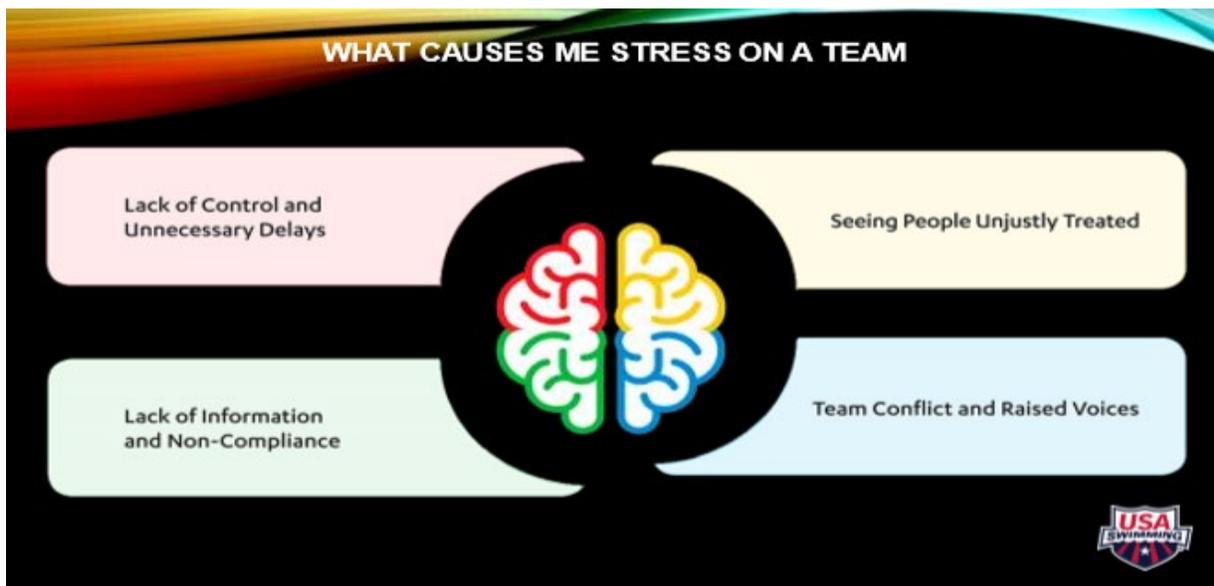
## How Does Stress Affect Us?

Last week I had the opportunity to participate in a Women in Coaching leadership webinar. I joined 40 other club and college coaches as we discussed vulnerability, gratitude, empathy, the power of understanding each of those traits, and living them out.

We used a Personality Diversity Indicator (PDI) test to help us learn about our behaviors in order to improve communication skills, build better relationships, and work more efficiently. As we learned more about our individual test results, we were able to use those results to help us understand how we respond to stress.

The PDI test uses four main E-Colors to heighten our awareness of different personality styles, communication styles, and behavioral tendencies. Each one of the primary colors represents the four main personality quadrants. The red (doer) is the part of your personality that helps you take action and get things done. The yellow (socializer) helps you interact and engage with others. The blue (relater) helps you empathize with and support others. The green (thinker) helps you plan and analyze information.

Below are two slides that give examples of how people with different dominant E-Colors might differ in how they interpret and react to stress. What *causes* stress will be different from person to person, and how each individual is *affected* by stress will differ as well.



## HOW STRESS AFFECTS ME



- I may become angry
- I may become impatient
- I may blame others
- I will try to deal with myself
- I perceive showing my stress as a sign of weakness



- I may get more emotional
- I wear my heart on my sleeve
- I will tell you about it, but I may not listen
- I may seem whiny
- I really need to talk about it



- I may become frustrated
- I may blame the system
- I need a logical solution
- I believe that stress is an integral part of life
- I need you to be straightforward



- I will worry and seem withdrawn
- I may blame outside influences
- I need advice
- I need my problem to be taken seriously
- I need time to work things out



It's one thing to learn about how stress affects me, staff members, and athletes....yet it's another thing to have actionable takeaways. In last week's webinar, I learned six tools for coping with stress while staying INSIDE: tap inner resources, be mindful of nutrition, maintain social connections, pursue interests, develop a schedule, and exercise.

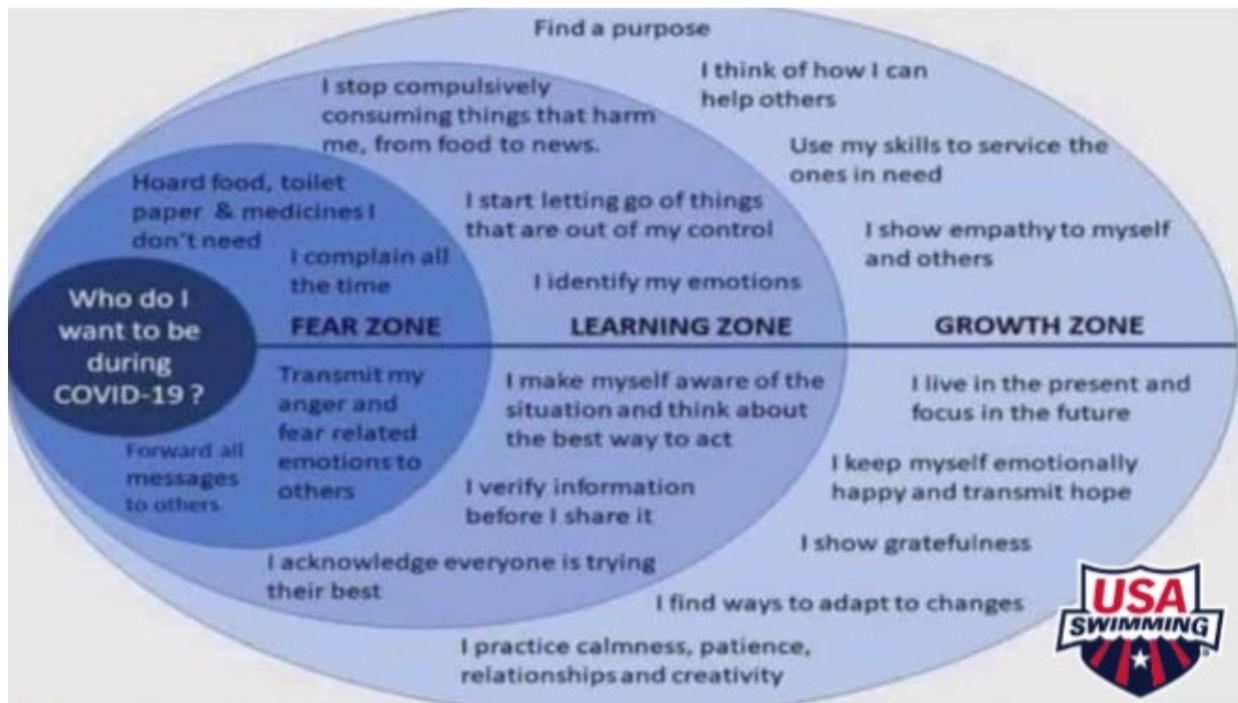
## PRACTICAL TOOLS FOR YOU, YOUR FAMILY AND YOUR SWIMMERS





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As we discussed resources on how to manage our stress, we specifically dove into the question of *who do I want to be during COVID-19?* If you're anything like me during this time, you bounce from the fear zone to the learning zone back to the fear zone and then onto the growth zone all within the same day or maybe even the same hour. It was incredibly freeing to realize that's normal. Once you're in the growth zone, you're not guaranteed to say there.



The following day, during our staff meeting, the rest of the staff took the PDI test. We had a lively discussion on how we manage our own stress and respond to the stress of others around us. I highly recommend taking the free PDI test at <https://www.equilibria.com/PDI-home>

Understanding your E-Colors may help you and your family show empathy towards each other during such a crazy time, and may even be a resource when we are able to get back into our normal day to day life.

As always, I hope this email finds you and your family healthy. We look forward to seeing everyone around the pool deck in the future. Whenever that date is, we will be ready to jump back in! Please let me know if you need anything.

Stay Healthy. Stay Strong. Stay Connected

#WeAre757