

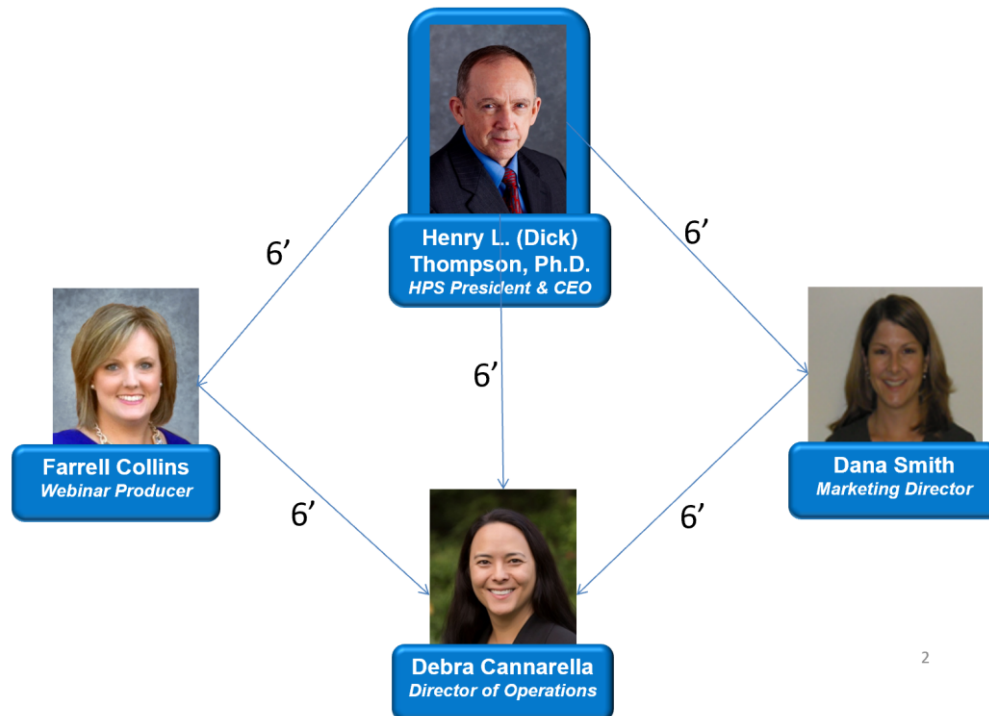
The Stress Effect: COVID-19 & Interpersonal Balance
Handout
30 APR 2020



The Stress Effect

Interpersonal Balance Reset

Welcome



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The Stress Effect

Interpersonal Balance Reset

Today's Format:

- ❖ Introduction
- ❖ COVID-19 & Interpersonal Balance
- ❖ Too Little/Much Symptoms
- ❖ Too Little/Much Actions
- ❖ Q & A
- ❖ Wrap-Up
- ❖ Follow-up Email



The Stress Effect

Interpersonal Interaction

Before COVID-19, on a Scale of 1 (very little) to 10 (a lot):

1. How much interaction with people, on average, did you like to have?
2. If you had to attend a social gathering, e.g., a dinner, with all strangers and introduce yourself to each one and make small talk with them, how many would you consider to be a lot to talk to?

Bonus:

Who were the 5 people/groups you interacted with the most, e.g., spouse, kids, co-workers, parents?

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Interpersonal Interaction



The Stress Effect

Out-of-Balance Symptoms

Behavioral:

- ❖ Prickly
- ❖ Short-tempered
- ❖ Depressed
- ❖ Sad
- ❖ Hangry
- ❖ Moodiness
- ❖ Want to be with people
- ❖ Want to be alone

Physiological:

- ❖ Upper respiratory issues
- ❖ Lowered immune system
- ❖ Vision issues
- ❖ Skin issues
- ❖ Fever
- ❖ Dehydration

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Interpersonal Balance Reset

- ❖ Know where you are on the scale
- ❖ See which way you are being pulled
- ❖ Identify actions to keep you near your comfort zone
- ❖ Execute the actions
- ❖ Adapt



The Stress Effect

Symptoms of Too Little Interaction

- ❖ Loneliness
- ❖ Depression
- ❖ Feeling isolated
- ❖ Feeling left out
- ❖ Missing out
- ❖ Not connected
- ❖ Lack of freedom/control



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Actions for Too Little Interaction

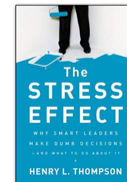
- ❖ Facetime, web meetings, etc.
- ❖ Driveway hangouts (maintain distance)
- ❖ Schedule time for work, family, friends
- ❖ Be intentional about staying in touch
- ❖ Initiate conversations
- ❖ Find ways to volunteer



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Symptoms of Too Much Interaction

- ❖ Irritability
- ❖ Anxiety
- ❖ Frustration
- ❖ Feeling boxed in/smothered
- ❖ Feeling like there is never a break
- ❖ Under pressure
- ❖ On Edge



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The Stress Effect **Actions for Too Much Interaction**

- ❖ Schedule times just for yourself
- ❖ Schedule activities and times for other people to do things alone
- ❖ Have separate areas designated for specific people to use without overlap
- ❖ Take a walk by yourself
- ❖ Adjust sleep schedules
- ❖ Use time wisely



The Stress Effect **Interpersonal Balance Reset**

The Stress Effect Webinar Series

7 hrs

PTSD Site

Interaction

COVID-19 Site

ARSENAL

Power Naps

Sleep Apps

Balance

Summary Sheet

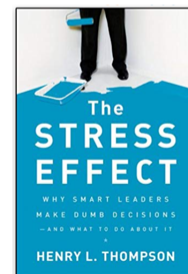
Emotional Intelligence

Self-Development Programs

Jocko Podcast #204, #205, #206

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The Stress Effect and Suicide Awareness

The graphic consists of three main parts. On the left is a poster for 'NO ONE FIGHTS ALONE' featuring a stylized American flag with vertical stripes and the words 'CORRECTIONS', 'DISPATCH', 'EMS', 'FIREFIGHTER', 'POLICE', and 'MILITARY' written vertically. Below it says 'A THIN LINE JOURNAL FOR FIRST RESPONDERS'. In the center is a red-bordered box containing the text: 'Veterans are dying by suicide at the average rate of: 22 per Day, 154 per Week, 660 per Month, 8,030 per Year'. On the right is a poster for '22 A DAY' featuring a dog tag with the number '22', a stylized American flag, and the text 'VETERAN LIVES MATTER'.

Veterans are dying
by suicide at the
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The Stress Effect

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