

# Overwhelmed and Over It

Managing Pressure, Stress and Anxiety for Maximum Productivity



## **Lisa Boone** **American Fidelity** **Account Development Executive**

31+ years of experience working with public sector and their benefit needs

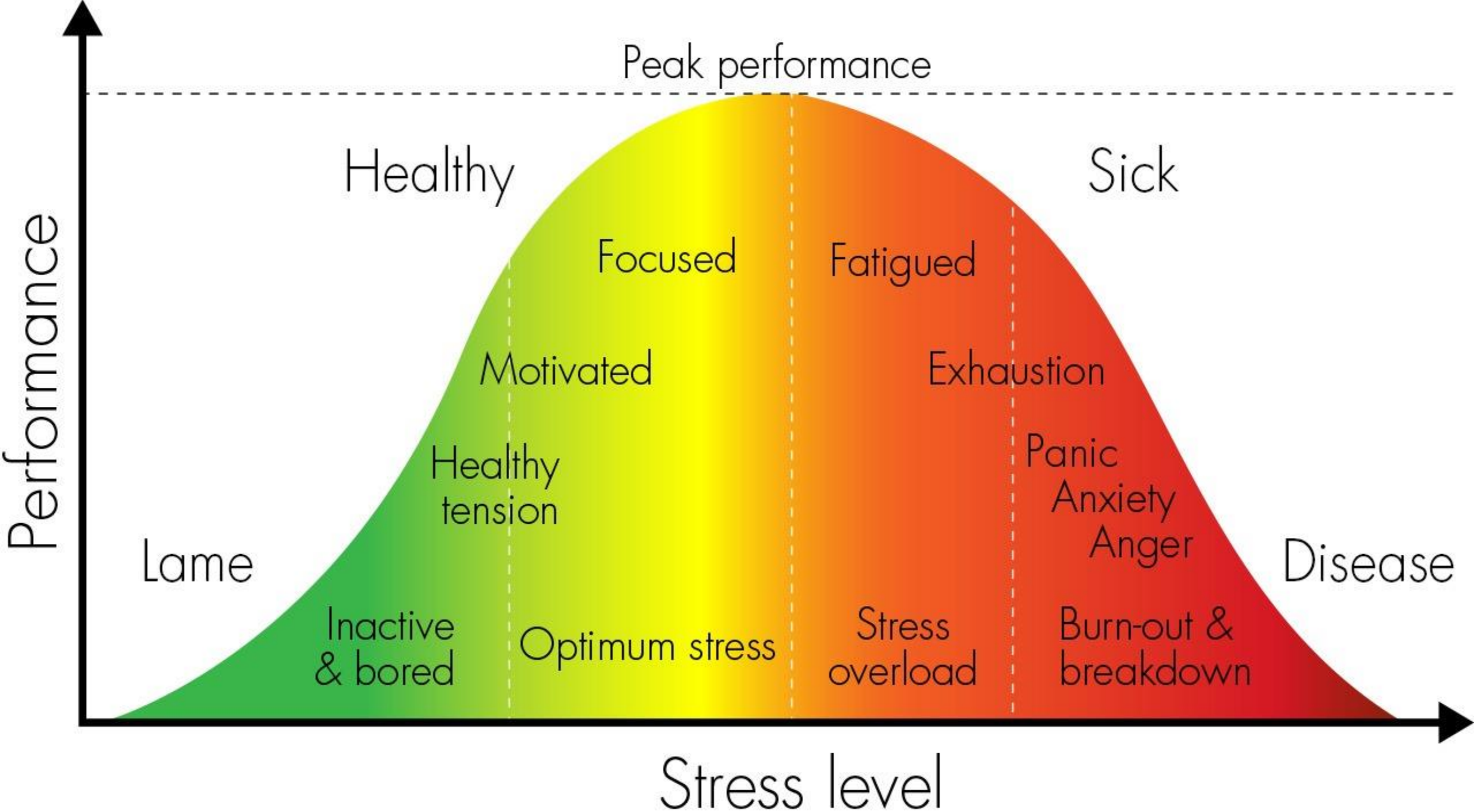
Vast knowledge in customizing and streamlining processes to meet your specific school's needs

Expertise in building benefits specific for educators

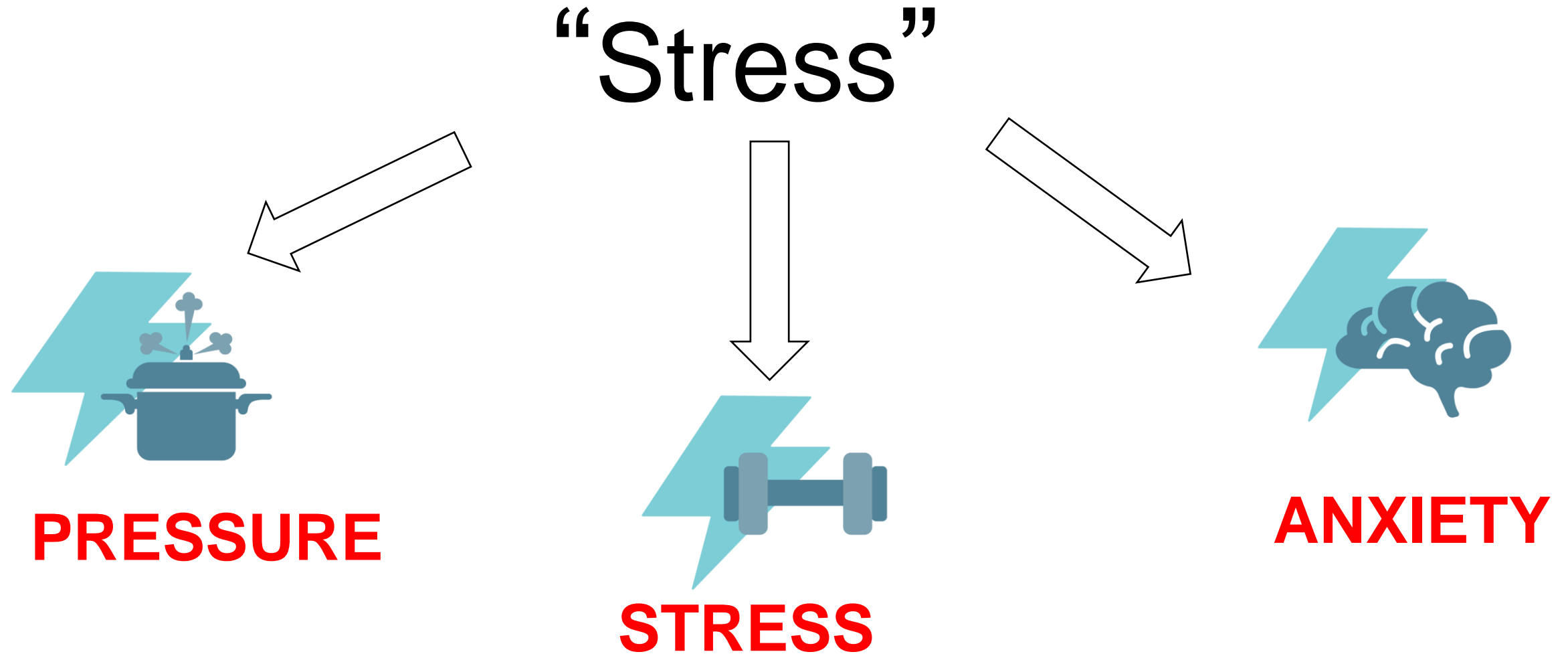
Know-how to elevate your current benefits management

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# Pressure, Stress and Anxiety



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**Pressure** – the psychological effect associated with expectations to perform well in a situation

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# Pressure, Stress and Anxiety

**Pressure** – the psychological effect associated with expectations to perform well in a situation

**Stress** – a feeling of emotional strain and burden, the body's response to any change that requires an adjustment or response

**Anxiety** – the reaction to situations perceived as stressful or dangerous



# Pressure, Stress and Anxiety

**Pressure** – I have pressure

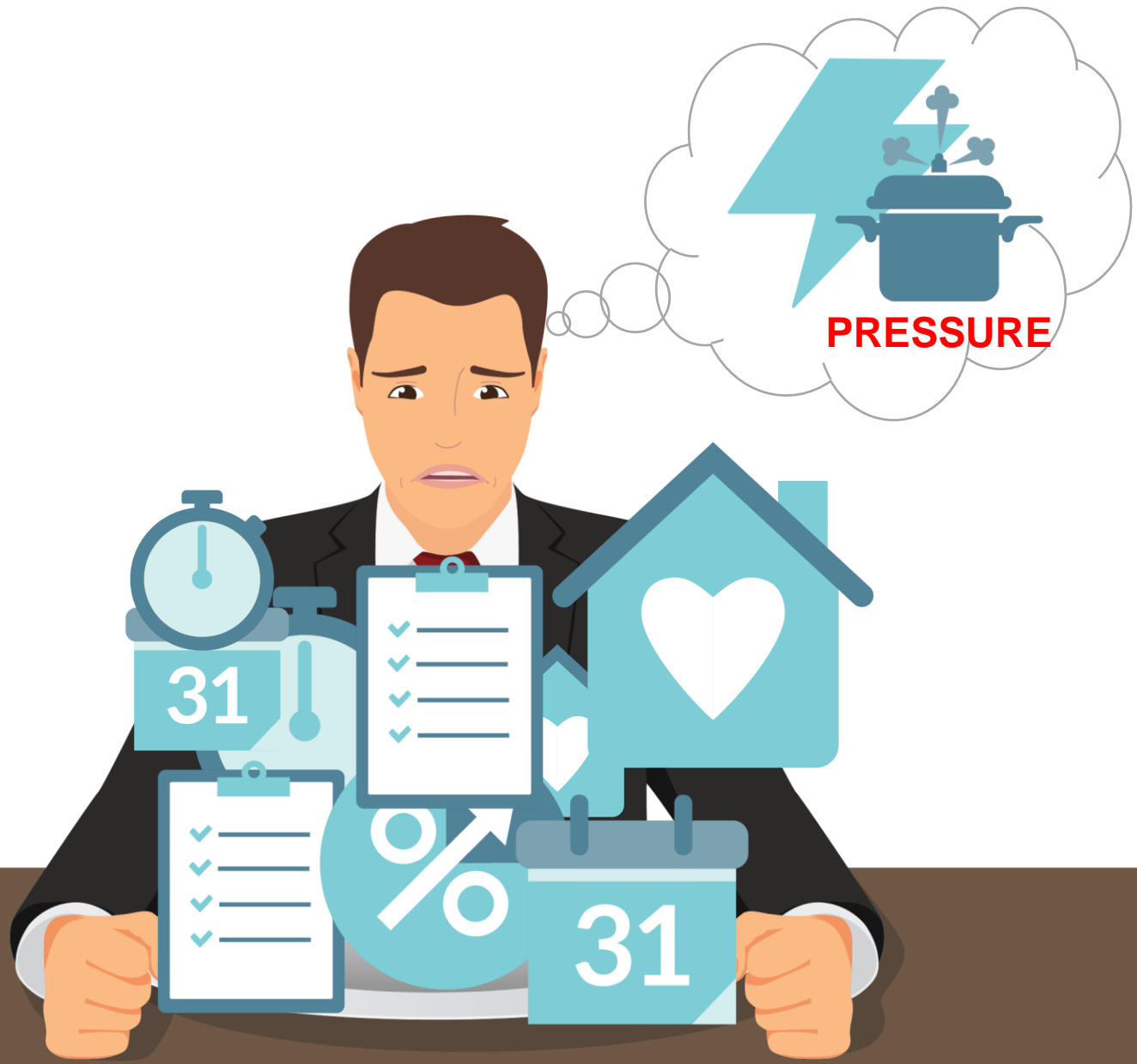
**Stress** – I feel stress

**Anxiety** – I suffer with anxiety

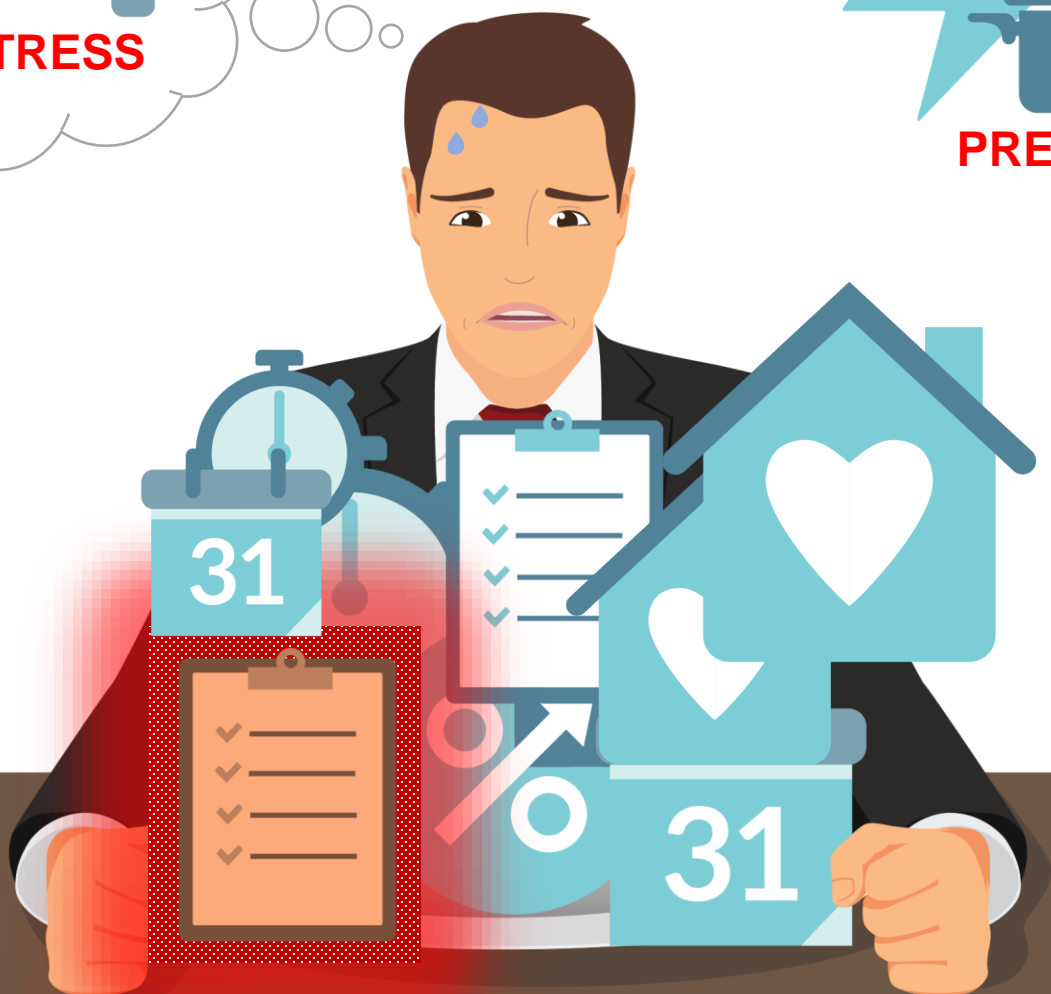








**PRESSURE**





**STRESS**

**PRESSURE**

worry

Shutting  
down

dread

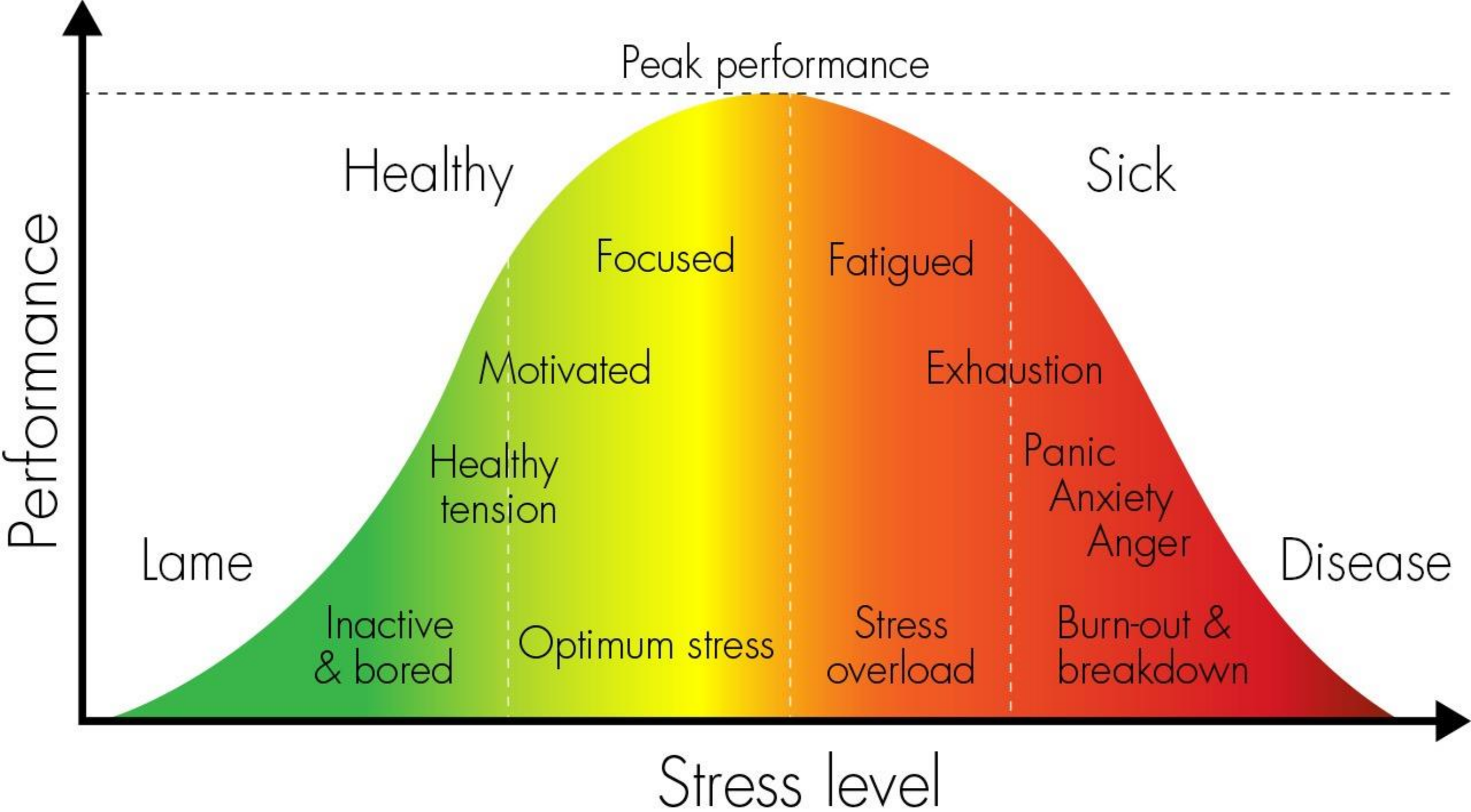
panic

fear

**ANXIETY**

31

31





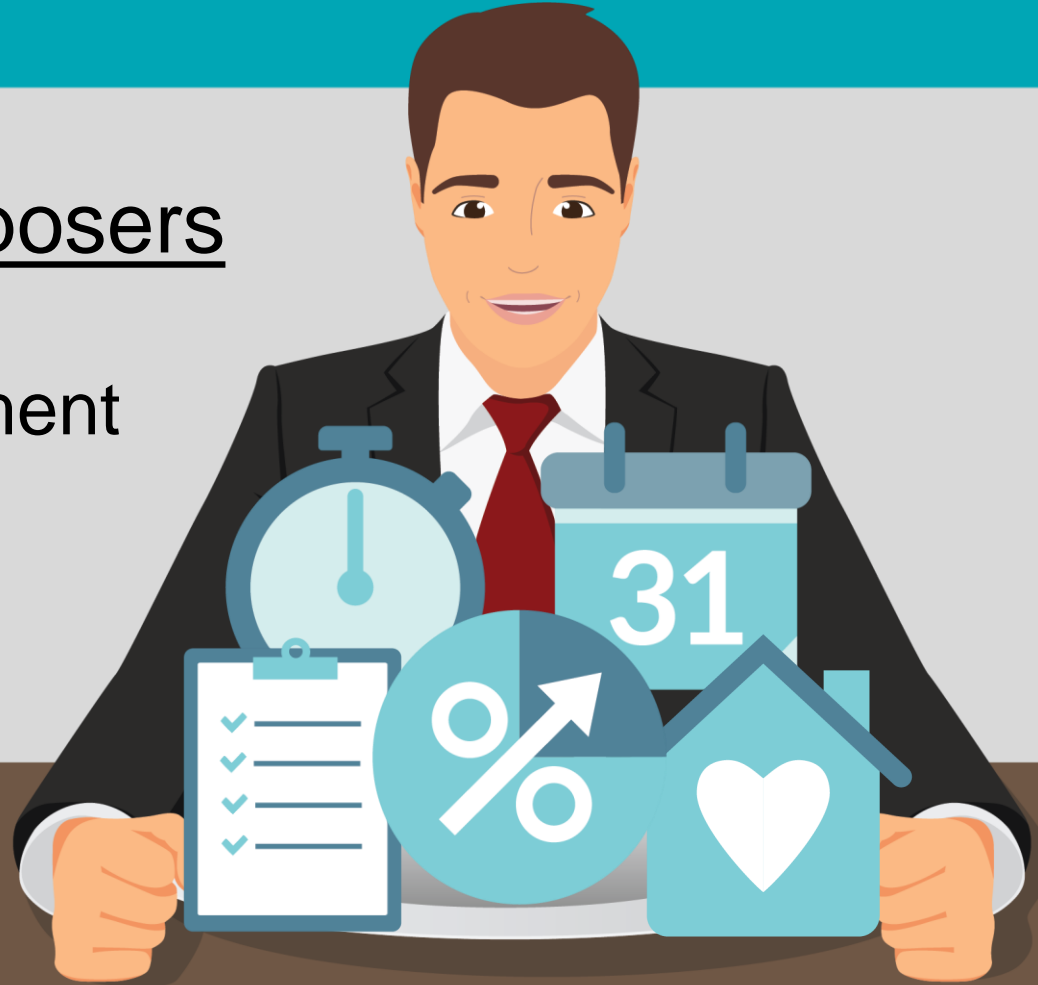
# Pressure



# Pressure

## Pressure relief posers

Time management

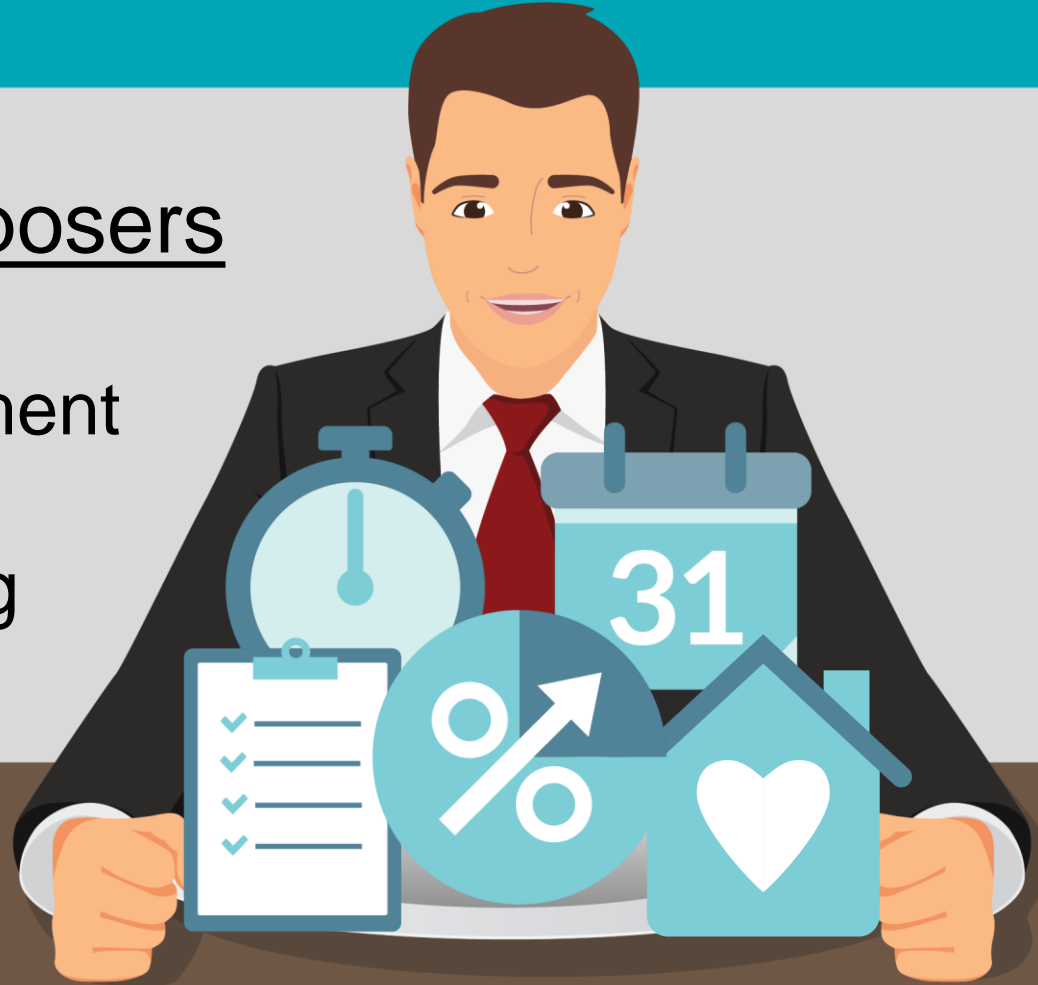


# Pressure

## Pressure relief posers

Time management

Multi tasking



# Pressure



# Pressure

## American Fidelity Assurance

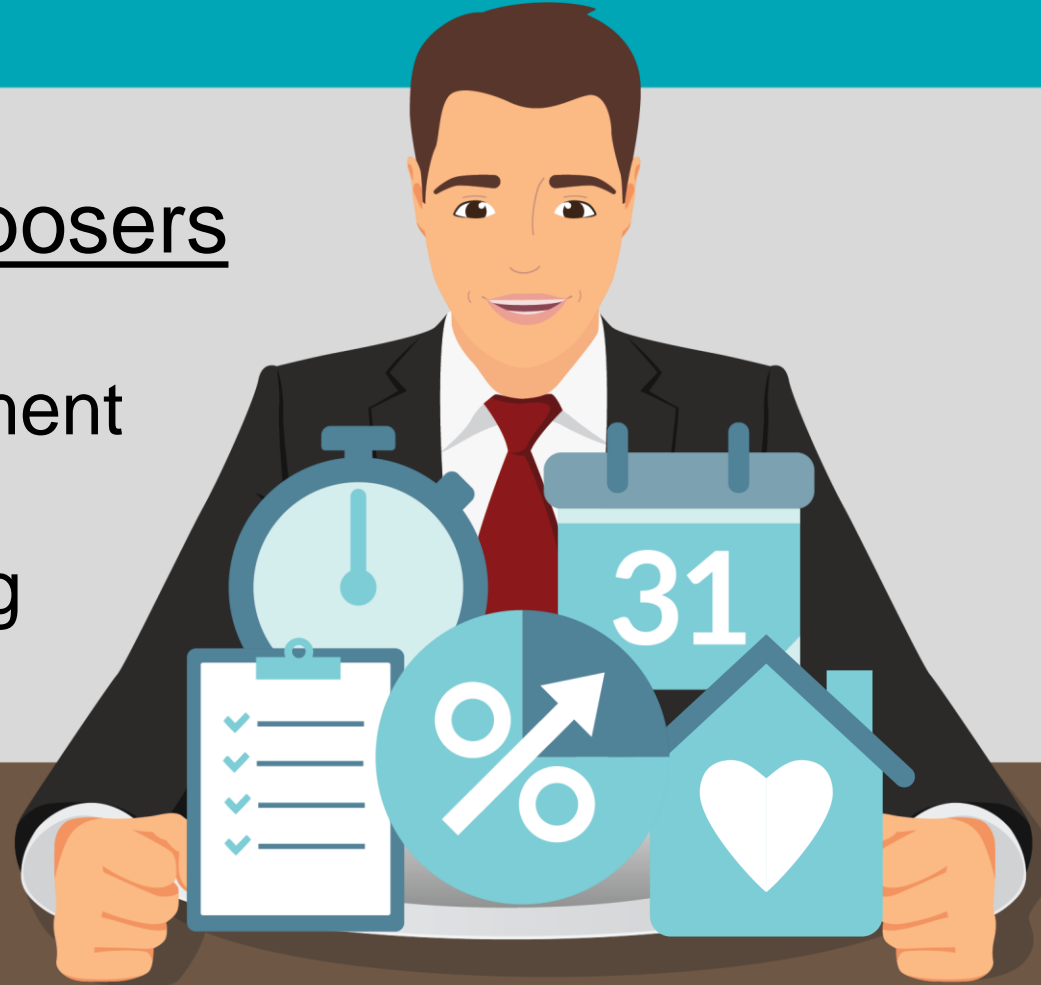
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15  
16 17 18 19 20 21 22 23 24 25 26

# Pressure

## Pressure relief posers

Time management

Multi tasking



# Pressure

## Pressure relief posers

Time management

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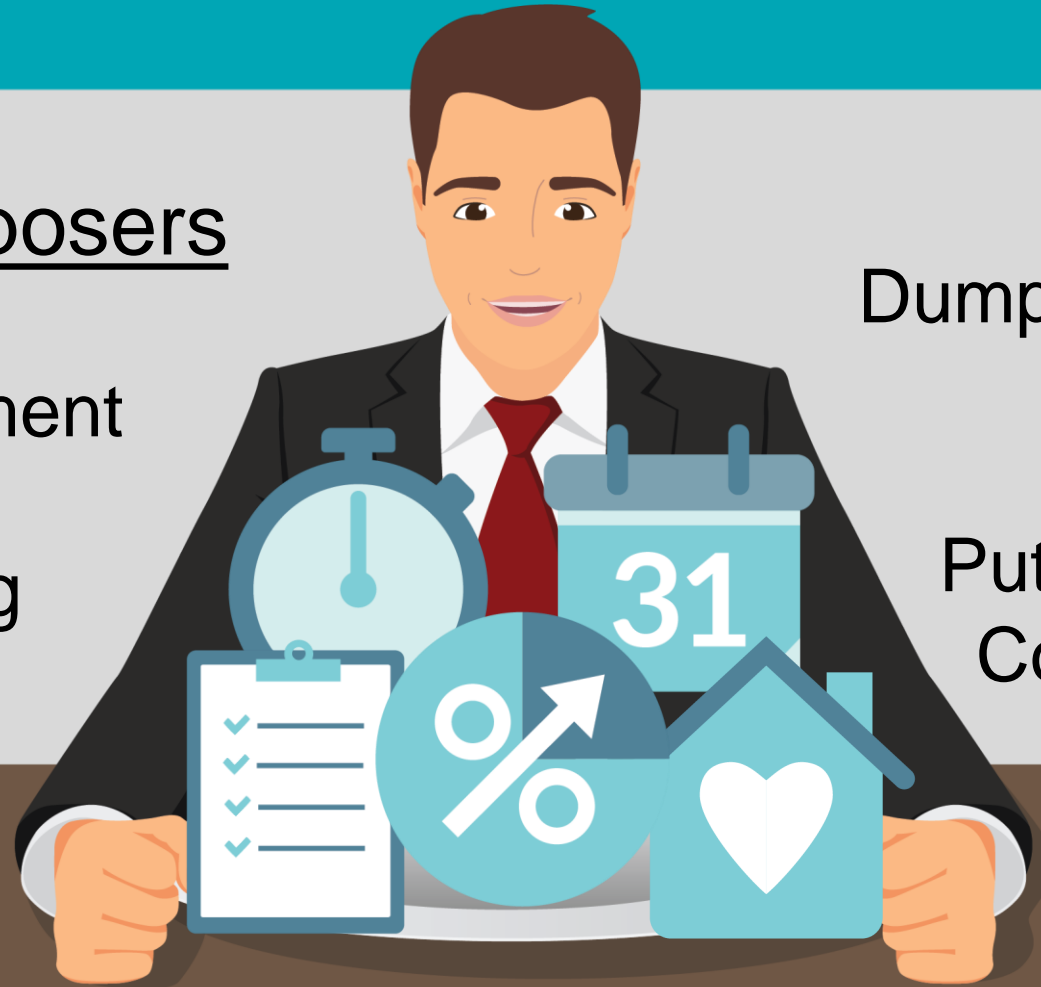
## Disciplines

Dump, Delegate, Date, Do  
Bite size

Say no to good

Put squirrels in cages

Control distractions



# Stress

An emotional response

- Unconditioned
- Conditioned

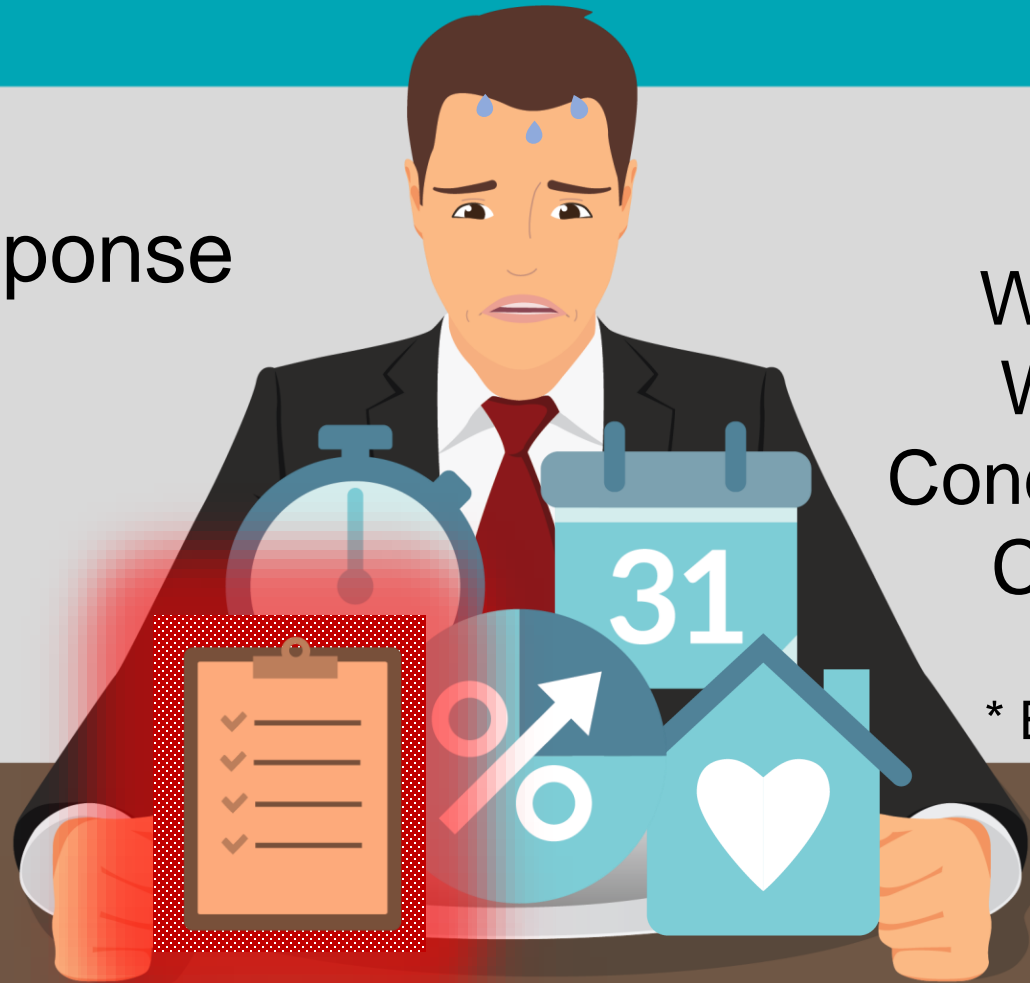




# Stress

An emotional response

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## Diagnostics\*

What am I feeling?

When did it start?

Conditioned responses?

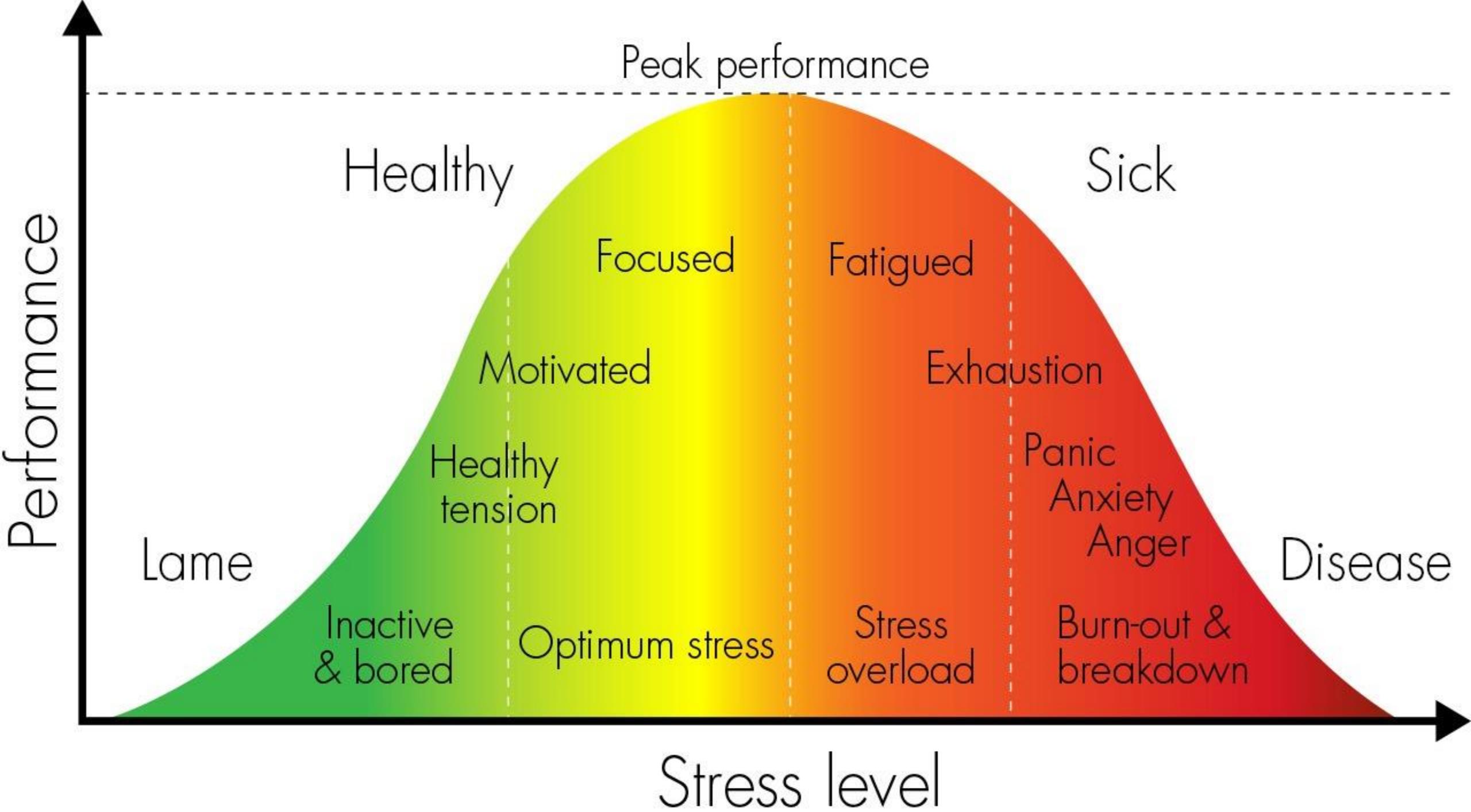
Conquer or cope?

\* Better done with a friend

# Anxiety

worry  
panic dread  
fear





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