



The Blake Group
Organizational Consulting LLC

More Than Consulting. Solutions.™

April 2013 Newsletter

Links to our websites and products and services:



[The Blake Group](#)
More Than Consulting.
Solutions™.



[Leaders Path Coaching & Retreats](#)
Immerse Yourself and
Emerge Your Best Self™.



[Life's Path Coaching & Counseling](#)
Your Life... Your Way™.

2013 - We are celebrating 20 years of service to organizations and individuals.



Thanks for reading.

Sign up to our mailing list.

Forward this to your friends and colleagues.

Coping More Effectively with Work Pressures

Are you avoiding some work tasks or failing to meet some responsibilities because they are hard to cope with or are stressful? Tim, my client was. So we explored some alternatives to avoidance.

Tim's job related stress evoked anger, anxiety and frustration. This blocked his capacity for coping with problems and dealing with people on a thoughtful, rational basis. It is important for us to maintain composure in the face of mental and emotional stress. Tim and I came up with a process that helped him understand what troubled him and it could help you too.

1. Keep a journal of stress provoking situations or crises over the next month. Write down the emotion during the event. Let the anger and frustration in writing. Relax for 10 minutes. Then make a conscious effort to remove yourself – emotionally – from the situation.

Keep an objective record of what was said and done. Track down the consequences of what was said and done. Did something escalate? What kinds of reactions did you see from others to your comments? Make a note of what could be done differently. Reenact the scene in your mind to understand why.

2. After you have analyzed your feelings and actions, talk to some of the other people who were involved in the situation.

Ask them about their feelings regarding the situation. Find out how they cope with this type of stress. If there was anger, try to clear the air.

3. At the end of the month, review your journal to see if your evaluation of the consequences has led to any improvement in coping with stressful situations.

Further, identify areas in your work where the greatest pressure and stress occur. See if there is any way to reduce exposure to these areas without hurting your job performance.

Additionally, Tim talked to a trusted colleague and his manager to detect his typical reaction to stress. They worked on a more constructive strategy to deal with his stress.

© 2013 Orlando E. Blake, PhD. CPT. All rights reserved.

For more information about The Blake Group - Leaders Path Retreats & Coaching and Life's Path Coaching & Counseling, visit our websites:

www.blake-group.com and www.leaderspath.net and www.lifespcoach.com

Or call us: 877.844.4969 or 520.455.9393

The Blake Group, HC 1 Box 577, Elgin Arizona 85611