



September 2010



Greetings!

Enjoy the Energy of Fall.

## Create a Stress Free Transition

Change is inevitable - after all, nothing really stays the same. But in today's challenging times, it seems like we're on "uncertainty" overload, never knowing what will happen from one moment to the next. Here today, gone tomorrow - or, at the least, very different tomorrow.

Uncertainty brings stress and confusion, and while most of us would be quick to say that we want less stress and more certainty in our lives, what we really want is less of a stress reaction to what life is throwing our way.

We can't choose what happens to us - but we can choose our responses to the situations we encounter. Let's take a look at five different responses that people have to stressful situations.

As you read through these five responses, you may want to think of a recent stressful event or news that you may have received, and see what your reaction to that event can teach you about how you habitually respond. You may have one type of response at work, and another at home, or you may react differently depending on who else is involved.

The first, and unfortunately all too common response to stressful events, is to suffer and be a victim to it. People who respond this way don't take action. Things happen to them - and though they may complain and be generally miserable about it, they don't take any steps to do anything.

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### 5 Tips on Transitioning into Fall

1. Live in the present moment
2. Strive to be positive
3. Develop new interests
4. Good nutrition, plenty of rest and exercise
5. Find a relaxing activity

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They allow life to control them, instead of the other way around. This way of responding is certainly not recommended, and eventually, it will take its toll on one's physical and mental health.

The second type of response is to accept the situation, and to get some perspective on it. Someone with this response may say "so what," or perhaps get some perspective on the situation by asking if it will matter in a year - or a week - or even in a day.

The third way to respond is to actually take steps to change the situation - taking action to bring it to resolution (or at least move toward resolution). This is a very powerful response, and one that many effective leaders employ.

The fourth way to respond is to avoid the situation. People responding this way make a decision not to get involved in a situation that they don't see as concerning them, or upon which they can't make an impact. For example, someone may choose not to get involved in a dispute going on within their office if it doesn't directly involve them.

The fifth and final way that people generally respond to stress is to alter the experience of the situation. When we look at a situation differently, the experience itself changes. Changing perceptions is probably the most challenging of the responses, because we tend to be stuck in our own interpretations and assumptions about what's happening, but it is also perhaps the most powerful of all.

It's your world, and you can create it as you wish. Remember, what one person sees as stressful, another person barely notices, or sees as exciting and full of opportunity. How are you going to choose today?



## September Special!

### REFERRAL PROGRAM

Refer someone to Rodas Coaching and if they enroll in a 12 session coaching program, you will receive 1 month of complimentary coaching to keep for yourself or to give away to friends and family.

**Check Out Our Latest Programs**

## Presentation:

### **Redefining Risks and Opportunities**

Internal Institute of Auditors

September 13, 2010

8:30am

Gleacher Center



For more information call Deborah at: 312-798-7404 or email  
[deborah@rodascoaching.com](mailto:deborah@rodascoaching.com)

**Deborah Sakelaris**

Rodas Coaching

312-798-7404

*www.rodascoaching.com*

*deborah@rodascoaching.com*

