

# CHILL OUT!

**STRESS  
WORKSHOP  
ON TAPE**

*Professional Pride*

The logo for Professional Pride, featuring the letters 'JP' in a stylized, textured, blue-grey font.

## EMERGENCY COMMUNICATIONS AND PERSONAL STRESS

It has been assumed for years that Emergency Telecommunicators need stress training because they are in a stressful occupation. But think about this, there are many stressful occupations. Nursing, working with the mentally ill, jobs where you are under time expectations where you are expected to perform, the list is long. So why the urgency of making sure that the people that answer 911 understand what stress is and how to manage it? Stress training can help anyone in any occupation because everyone needs to be able to take care of themselves and understand what the effects of poor stress management can do. We are fortunate that so much attention has been paid to stress, but quite frankly not many training classes targeted the distinctive problems in this field.

This seminar has been given to hundreds of students.

*“Great class I never realized where my stress came from.”*

*“I loved the part about change.”*

*“Great way to set goals.”*

*“Guess I really choose my stress!”*

*“I now see my personal stress for what it is.”*

- Give yourself about 30 minutes of uninterrupted time alone.
- Don't turn the page until you hear the tone.



*Awareness can change the way you view your life.*

## ILLUMINATING STRESS

Stress is an essential part of life. There is good and bad stress.  
For example, we sometimes place ourselves in stress producing situations.

### Good Stress or Energizers:

*(+) Sports / Children / New Job*

### Bad Stress or Drainers:

*(-) Losing at Sports / Sick Child / Traffic*

(Parachuting is a good example of different views on good or bad stress!)

We experience good and bad stress daily.

### YOUR BLEND OF GOOD & BAD STRESS

+ Energizers	- Drainers



*One person's fun is  
another one's nightmare!*

Blend of plus and minus brings us to a positive or negative quantity.

What is good or bad is unique to each person.