



Developing the Mindset to Navigate Life's Turns



The Mindset of Reaction



Managing the Stress When Change Occurs

Unavoidable, But Manageable

Unless, by some miracle, you're lucky enough to be completely free of anger, worry, deadlines and any other source of tension in everyday life, you're going to feel a little stress now and then. Simply put, stress is our emotional and physiological response to anxiety-producing events, such as life's detours. Not only can this be profoundly unpleasant, it can seriously affect our health and work. We experience stress if we believe we don't have time, resources or knowledge to handle a situation. In short, we feel stress when we feel out of control.

Understanding life's trials enables some of us to cope better than others. The good news is that you can manage stress so that it doesn't affect your body, your mind or your well-being. So often, what brings us to our knees is not life itself, but our interpretation of life's challenges. Unloading certain demands, pressures and toxic people is a good foundation. Better nutrition, sleep and exercise -- and surrounding yourself with upright people -- are also beneficial.

***What brings us to our knees is not life itself,
but our interpretation of life's challenges.***

Whether triggered by confronting a wild tiger in the heart of the jungle or by encountering office politics in the corporate jungle, stress is a fact of life. It is unavoidable, but manageable. Mastering it means developing the proper mindset to respond to change. Unlike in a tiger encounter, the

stresses we face today -- in our ever-changing, ultra-technological world -
- seem to be more pervasive but less tangible than ever before.

Consequently, our options for relief aren't as clear-cut. Society often prefers to medicate symptoms rather than alleviate the cause. The latter takes more work and self-analysis, of course, but it's more effective in the long term.

The negative impact of stress on the body is well known: an elevated heart rate, high blood pressure, rapid breathing, gastrointestinal discomfort and an increased risk of heart disease. Sleep disturbances, depression and stress may even contribute to degenerative diseases. Less well known are the effects on brain function. A Canadian study in 2005 showed that increased stress hormones lead to memory impairment in the elderly and learning difficulties in young adults.

Burnout or Pressure

Juggling multiple projects and running on four hours of sleep is business as usual for some happy, healthy and successful people, while such a lifestyle drives others over the brink. Some people brag about how much pressure they are under, how they feast on it. The implication is that they are important and have been entrusted with a significant amount of responsibility. Some corporate cultures even create an atmosphere of continual pressure in an attempt to make their employees productive.

Those who thrive are simply seen by colleagues as workaholics. But psychologists refer to them as resilient, or hardy, and say they share certain backgrounds and qualities that enable them to thrive. People who are highly resilient appreciate ongoing changes and enormous pressure. Others, however, face constant stress because they're maladaptive perfectionists who struggle to let go of tasks.

Stress impacts our ability to do our jobs effectively, influences how we work with other people and can be detrimental to our health.

As an acknowledged perfectionist, I have always struggled with change. I firmly believe that my fear of failure created a massive amount of stress.

Nonetheless, my resilient nature has allowed me to flourish under pressure. It took a heart attack, though, to rattle my cage. I reevaluated my priorities both at home and work, deciding what was important and making some difficult choices.

I set limits. I realized I couldn't do EVERYthing -- and neither could my wife. We sat down and set realistic expectations for finances, professional growth and personal wants. I simplified my life and focused on what I could control. One of the hardest things was learning to say "no" when a request or demand conflicted with my priorities or exceeded my limits -- or challenged my innate need to prove I could do it all. I stopped giving in to guilt, stopped worrying that I might be letting people down even if it hurt me.

The results were amazing. For one, I became a more flexible and cooperative husband (I hope!). Instead of being irritable and getting angry at every little thing that wasn't complete -- or completed the way I wanted -- I was able to let go. I realized that much of what I'd been convincing myself for so long was vitally important was actually not at all.

The lessons are tough: stress impacts our ability to do our jobs effectively, influences how we interact with other people and compromises our health. This can have a serious impact on our careers, relationships and well-being. So...when faced with a detour, be mindful of how you react. Evaluating any physical or emotional challenge with a more objective mindset than you're used to can serve you well in navigating life's turns. Be prepared.

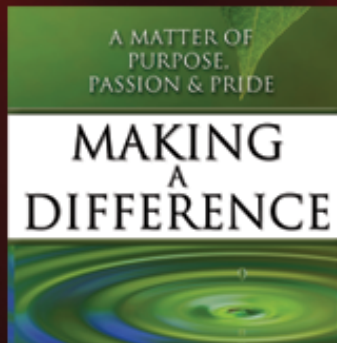
UP NEXT...

The Mindset of Reality

Discovering The Three Sides To The Story

EVENT SPOTLIGHT

On August 21, 2014 in Atlanta, GA, Steve had the opportunity to deliver each of his three signature keynotes. In the morning, he delivered **Enjoy the Ride** at the Scientific Games Corporation Annual Security & Lottery Products Symposium. That afternoon, he delivered **Making a Difference** to National Pain Care and finished up later that day by delivering **Hide Your Goat** to the Institute of Packaging Professionals Southeast Chapter as part of their chapter's Monthly Meeting.



"Your presentation was perfectly on target and contributed significantly to the success of the symposium. I shall endeavor to 'Enjoy The Ride,' which by the way, is the manner in which a number of people are finishing their emails to me—you did have an impact."
— **Larry Potts, VP, Chief Compliance Officer, Scientific Games Corporation**

Ovations...



United Way
of Southwest Oklahoma

United Way
SUCCESS BY 6
A Smart Start Oklahoma Community

September 12, 2014

Mr. Steve Gilliland

Dear Steve,

On behalf of the United Way of Southwest Oklahoma, our Board of Directors, and our many impressed guests, I sincerely thank you for attending our First Annual Campaign Kickoff and delivering an awe inspiring keynote address. I am still blown away by the success of the event, and that is due to your poignant, hilarious, and thought provoking message.

One week later, I am still receiving compliments on the event.....mainly your performance! Your ability to connect with an audience of that size, and touch everyone through your stories is truly amazing. We laughed, cried, and laughed some more. And I truly believe every guest left with the desire to "Make a Difference": not only in their own lives, but also those of others. I know I did. In fact, one couple came to speak to me at the conclusion of the evening with tears in their eyes. The wife's words were, "I am overwhelmed. I want to THANK YOU for bring Mr. Gilliland to our community. His message was life-changing, and the timing in our lives could not have been more perfect! Thank you!"

That is just one example of how you and your message have positively influenced myself and my community. I cannot express in words how much I appreciate you making the trip to Oklahoma, and encouraging us all to "Make a Difference". You definitely set the bar HIGH for our first kickoff event, which was evident by the roaring laughter, applause, and standing ovation. Thank you for sharing, encouraging, and inspiring each one of us.

Sincerely,

A handwritten signature in blue ink that reads "Lauren E. Ellis".

Lauren E. Ellis
Executive Director
United Way of Southwest Oklahoma

1116 SW A Avenue • P.O.Box 66 • Lawton, OK 73502-0066 • Tel: 580.355.0218 • Fax: 580.355.0810 • www.uwswok.org

LOOKING AHEAD...

Steve's October 2014 Schedule

Oct. 1 North Mankato, MN
Oct. 3 Valdosta, GA
Oct. 6 Ocean City, MD
Oct. 6 Carmel, IN
Oct. 7 Charleston, WV
Oct. 7 Nashville, TN
Oct. 8 West Chester, OH
Oct. 10 Keystone, CO
Oct. 11 Fort Lauderdale, FL
Oct. 13 Frankenmuth, MI
Oct. 15 Nashville, TN
Oct. 16 Vancouver, BC
Oct. 17 Bismarck, ND
Oct. 21 Greensboro, NC
Oct. 22 Fresno, CA
Oct. 23 Lexington, KY
Oct. 23 Montgomery, AL
Oct. 24 Indianapolis, IN
Oct. 28 Durant, OK
Oct. 29 Uniondale, NY

Catch Steve Daily on
SiriusXM Radio's
Laugh USA &
Blue Collar Radio

SiriusXM
SATELLITE RADIO

**Steve Gilliland is now a part of the Social Media
Community. Follow him on...**





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Steve Gilliland, Inc. | P. O. Box 1600 | Mocksville | NC | 27028