How to Differentiate Stressors from Catalysts for Positive Change

Key Takeaway:
Research tells us that in business, ALL stressors can be catalysts for positive change, and are often the source of personal, organizational and industry breakthroughs.

Develop your awareness
- Know your “stress signals”; acknowledge when they occur to shift into proactive mode
- Slow down enough to consider that stress is natural; without it we’d be unsuccessful
- Identify several ways stress could be helpful
- Stop expecting stress to go away; choose instead to work with it

Cultivate a positive mindset
- Realize that this is a deliberate choice
- Remind yourself that good outcomes only come from positive mindsets (and the opposite is true)
- View your struggles as inspiration vs. desperation
- Remember that everything that you’ve been successful at required hard work, struggles and setbacks

Source strategies
- Resist the impulse to react immediately; instead take a moment (or more) to get some perspective
- Always reach out to others; share the pressures, collaborate, brainstorm and jointly search for answers
- Break the stressful situation into component pieces and identify step-by-step tasks
- Channel your energy to innovation; it’s at its peak when you’re under stress