

Stress Is a Good Thing?

This could literally save your life. Life can be stressful for a leader because everyone wants a piece of you. It's easy to feel like you're always failing to meet expectations, falling behind, and pulled in multiple directions. Your calendar gets full, challenges get big, and you find yourself stuck in the trenches day after day, not rising high enough to see the big picture. Laughter goes away because the pressures and demands seem so great. If you are a leader in any capacity, you have faced this kind of distress already.

SOME STRESS IS IMPORTANT

Some stress is good. It stimulates you and keeps you interested in what you are doing. If you play guitar, you know those strings have to be tightened to a certain level to be in tune. The same with a piano or a violin. The strings have to be stressed to just the perfect level to make beautiful music. You need stress, but there is a perfect tension of stress. Too little and you are bored. Too much and you are distressed. When you are bored, you are under-stressed, and when you are overstressed, you are distressed. Neither condition is good.