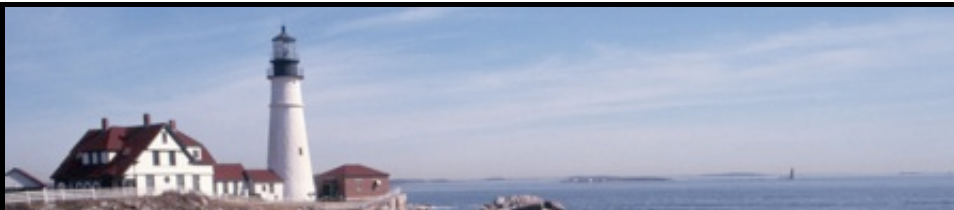




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Open Line

Guest,

Welcome to:

How Stress Eats Your Profits

Presented by
Lighthouse Consulting Services, LLC

To print program slides, click here: 



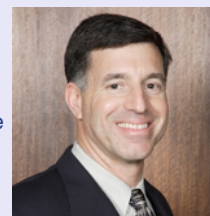
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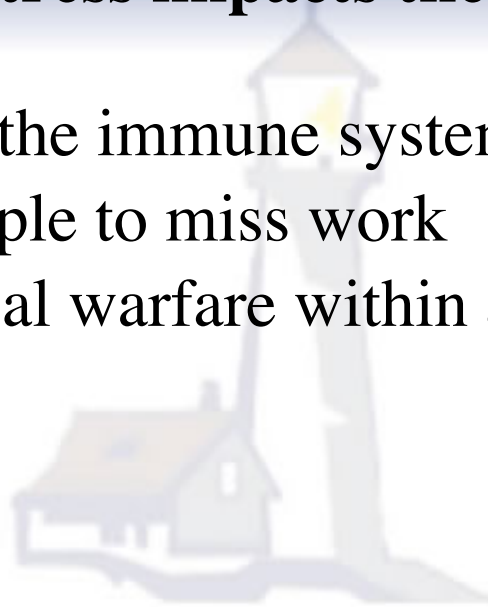


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Open Line

How fear & stress impacts the bottom line

- It weakens the immune system
- Causes people to miss work
- Creates tribal warfare within a company



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Open Line

Fight or flight syndrome

- Fear causes stress, which is natural
- Moves blood from the brain and organs
- Conscious narrows or shuts down

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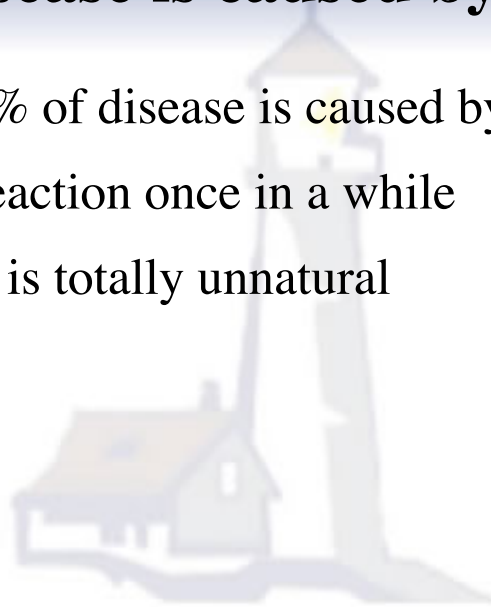


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Open Line

Most disease is caused by stress

- Experts say 95% of disease is caused by stress
- It is a natural reaction once in a while
- Constant stress is totally unnatural



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Open Line

What can we control?

- Only our selves, not others
- The environment we live in
- How we manage our state of mind



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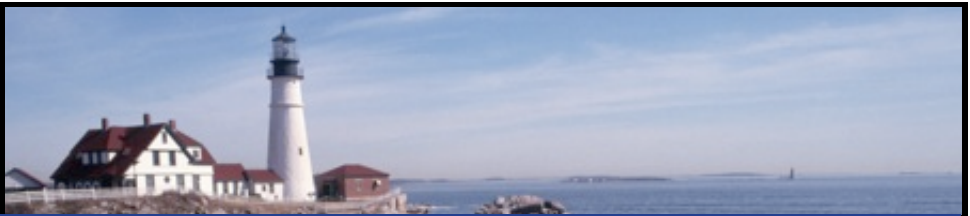
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Open Line

Attitude is everything

- Attitude or mood affects our perception
- Good moods: gratitude, love, joy, curiosity
- Bad moods: hate, anger, irritation, depression

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Open Line

What to do with fear and stress

- Realize stress is mostly self created
- Bad moods are constructed
- Good moods are a natural state

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How to release stress

- Aerobics
- Meditation
- Humor



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Open Line

Actions that lead to strength

- Let go of bad moods
- Practice finding good moods
- Know the difference ... practice

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