



QuaranTone Challenge™ #1 – Building your Stress Tolerance

Resource Sheet

We are excited you have chosen to join the 6-minute Stretch Challenge to build resilience in the 5 Bounce Back Factors! For Challenge #1, we are exploring the impact of Stress in our lives, how it manifests, and ideas for building coping strategies. Your challenge is separated into two focuses: (1) Growth as an Individual and (2) Growth as a Team. Use one or both to increase your usage of Stress Tolerance as you hit all 5 Bounce Back Factors at the same time.






Growth as an Individual

Part 1: Begin with a quick recap of the definition of Stress Tolerance.

Skill	Definition
Stress Tolerance	The ability to withstand adverse events and difficult situations by actively and positively coping with stress.

Self-Assess: Where are you now?

Using the characteristics of Low, Moderate or High usage of this skill, do a self-assessment and determine how frequently you are using this EI skill.

Low Usage 	Moderate Usage 	High Usage 
Characteristics include: <ul style="list-style-type: none"> emotions may get in the way of their ability to cope with stress. areas of EI weakness are often apparent during times of stress. pressure or competition at work is likely to hinder their performance. 	Characteristics include: <ul style="list-style-type: none"> can maintain a level of work performance even under mounting pressure or competition. actively cope with stress without letting emotions take over. weaknesses in other areas of EI may be more apparent during times of stress. 	Characteristics include: <ul style="list-style-type: none"> see stress, competition, or pressure as a challenge, perhaps to the point of thriving in such conditions. actively cope with stress rather than let emotions rule. should consider whether high Stress Tolerance means they take on an unhealthy share of work, leading to fatigue or burnout.

Self-Rating: on a 10pt scale

(1 to 3 mirrors 'low usage', 4 to 7 is 'moderate usage', and 8 to 10 mirrors 'high usage') _____

Reflect on the impact your current usage is having in your life (is it creating productive, unproductive, or neutral outcomes?).



Growth as an Individual (cont.)






Part 2: Identify your On-going vs. Daily Stressor. Ongoing stressors are those causing stress for more than a couple of days, and Daily Stressors are things that come and go, but when they happen, can be quite frustrating.

Below is a common list of on-going and daily stressors (including elements triggered by our current environment). Be sure to add your own as well and then mark top stressors based on frequency and intensity.

On-going	Daily Stressors
<input type="checkbox"/> financial problems <input type="checkbox"/> health issues for you or a family member <input type="checkbox"/> social distancing from family & friends <input type="checkbox"/> team or group turmoil <input type="checkbox"/> pressure to succeed in challenging times <input type="checkbox"/> competing priorities <input type="checkbox"/> other:	<input type="checkbox"/> meetings/calls starting late <input type="checkbox"/> poor response by others delaying your work <input type="checkbox"/> disagreement with peer/friend/family <input type="checkbox"/> lack of empathy from a co-worker <input type="checkbox"/> lots of work to do and not enough time <input type="checkbox"/> Not saying 'no' to a request <input type="checkbox"/> other:

Actions to Building your Stress Tolerance

Remember that relaxation techniques are skills. As with any skill, your ability to relax improves with practice. What new ones could you try to broaden your coping abilities (brainstorm new ideas)? Examples in each of the Bounce Back Factors include:

	Get up and Get Moving: create and stick to a workout routine (6-MINUTES of movement is better than nothing). Working out is one of the most effective stress relievers. Progressive muscle relaxation: Start at your toes and work your way up to your scalp, noticing how your body feels.
	Be Present Moment to Moment: intentionally slow down and notice your surroundings and focus on something in your immediate environment. Tune into your Body: practice meditation (Mentally scan your body to get a sense of how stress affects it each day. Lie on your back or sit with your feet on the floor.) Work on prioritization and consider starting your day with the most difficulty thing on your list.
	Crank up the Music: create a playlist of soothing music or nature sounds to create a sense of calmness or pick your favorite “pick me up” tunes (sing out loud) to blow off steam. Use square breathing to get back to neutral during a stressful moment.
	Reach Out - Help Others: staying socially connected is critical. Be purposeful in nurturing your relationships and offer support to others (listen, share kind words, acknowledgement). Make sure to connect with your team before covering the content of a meeting.
	Be Grateful: keep a gratitude journal nearby so you can easily access it (add to it daily and review to remind yourself what really matters). Block your calendar to spend time on your favorite hobby. Get outside. The sun is known to spur the release of serotonin in the brain, which reduces stress.



Growth as a Team

We encourage you to use this process as a way to (1) connect with others around you and (2) increase the productivity of your teams. Here is a list of action steps and discussion starters you can use to gain momentum and value from stretching your Stress Tolerance with others.

Part 1 – Watch the video

Share the link to the video with others and have everyone walk through the exercises as an individual, reflecting on current stressors, existing coping strategies, and goals for how they plan to grow.

Part 2 – Setup a time to connect

Using any online connection platform (many have free versions), plan a 20 to 30-minute discussion on reflections from the video and stretch exercises.

Part 3 – Compare thoughts and create accountability for growth

As you interact as a team (family or work), consider the following conversation starters. Looking through the list, find those that resonate with you, and, using your own voice, alter the questions and share them with the group. Keep in mind, listening can be even harder when you are remote, so encourage full focus as you support and learn from each other.

Discovery Conversation Starters:

1. What portion of the video resonated the most?
2. What are some of the on-going and daily stressors you identified? What impact are you experiencing from each of them right now?
3. What are your current coping strategies for stress? Which ones are your favorite or work the best?
4. Have you tried any of the suggested coping strategies? If so, what results did you see?

NOTE: We encourage you to share our free resources with other. For those who are not currently opted-in to receive our 6-MINUTE stretch™ series, they can sign-up here: [Opt-in to receive the 6-MINUTE stretch™](#)