



PETRA PEOPLE

FIGHT OR FLIGHT: REACTING TO STRESS IN YOUR BUSINESS



FIGHT OR FLIGHT: REACTING TO STRESS IN YOUR BUSINESS

LIFE LESSONS for BUSINESS OWNERS

We've all heard of fight or flight. A fast heartbeat, sweaty palms, and a surge of energy are our body's natural response to a stressful situation. Whether we feel threatened, strained, or worn too thin, it happens to us all. But how we respond is what separates good leaders from the rest.

Learning how to manage well during times of excessive stress or emergencies will make you a better leader. Here are four strategies to keep in mind when times get tough in your business.

1. Get a grip.

The first step in managing a stressful situation is to take control of your emotions. Whether you're anxious, scared, or angry, managing the feelings that come with a tense situation is crucial when handling a crisis. Handling stress looks different for everyone. Take a deep breath or leave the room if you have to.

In his book *Primal Leadership*, Daniel Goleman says "leaders who can stay optimistic and upbeat, even under intense pressure, radiate the positive feelings that create resonance. By staying in control of their feelings and impulses, they craft an environment of trust, comforts and fairness. And that self-management has a trickle down effect from the leader."

Your team will take cues from you and if you appear calm and collected, they will feel more at ease, too.



2. Stop and think.

In a fight or flight situation, our body tends to move past rational thought and towards immediate action. These decisions are rushed, unplanned, and often defensive. Taking time to stop and think about how to best proceed will inevitably lead to a more sound, considered response — and one you won't regret once the crisis is over.

3. Find a buddy and a professional.

In business and in life, surround yourself with a group of friends that you can turn to when things get tough. Hard times are inevitable. Connect with individuals who will support you and openly share with them the struggles you're facing.

You should also add a professional to your team of confidants. When things go awry, asking a seasoned professional for advice will almost always improve the outcome. After all, they've been in your shoes, succeeded, and probably did it with a little help, too.

With these types of support, you'll be able to face any stressful situation with the confidence needed to tackle it.

4. Be willing to change course.

The stress in your business has a source. After assessing the situation with your support system and taking the time forming a response, be open to multiple solutions. The right solution may not be what you had in mind. It may not even be option "B" or "C" on your list, but it may be the necessary resolution to the issue at hand.

The next time you're faced with a stressful situation in your business, remember to use these strategies and your team will come out happier on the other side.

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THE PETRA EXPERIENCE

The Petra Experience is like a Mental Marathon of focused effort to create a specific set of priorities and a planned process to achieve them... as a team.

Looking to change your business life - forever?

The daily grind of growing a business is tough... it doesn't have to be that way. We work from our own business experiences while focusing on your business – as coach and an accountability partner. We implement the Petra Process in a way that ensures it “sticks” then we stay engaged to keep you on your path to success and less frustration. We don't want this to be just another thing you start – then it gets ignored and finally dies... let's stop that cycle in your business. The Petra Program 'clarifies' what is most important to be done – by whom, by when – **AND** creates an accountability structure to ensure **IT GETS DONE.**

Andy Bailey is lead entrepreneur coach with business coaching firm Petra and serves as the Entrepreneur Organization's global membership director. Visit his blog at www.petracoach.com for more business and leadership insight.

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342 Cool Springs Blvd., Suite 203, Franklin, TN 37067 | 615.601.0542
www.petracoach.com | www.facebook.com/petracoach

