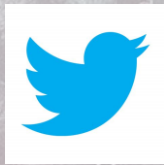
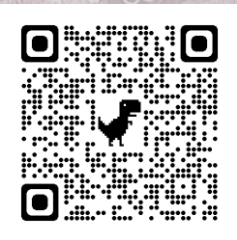




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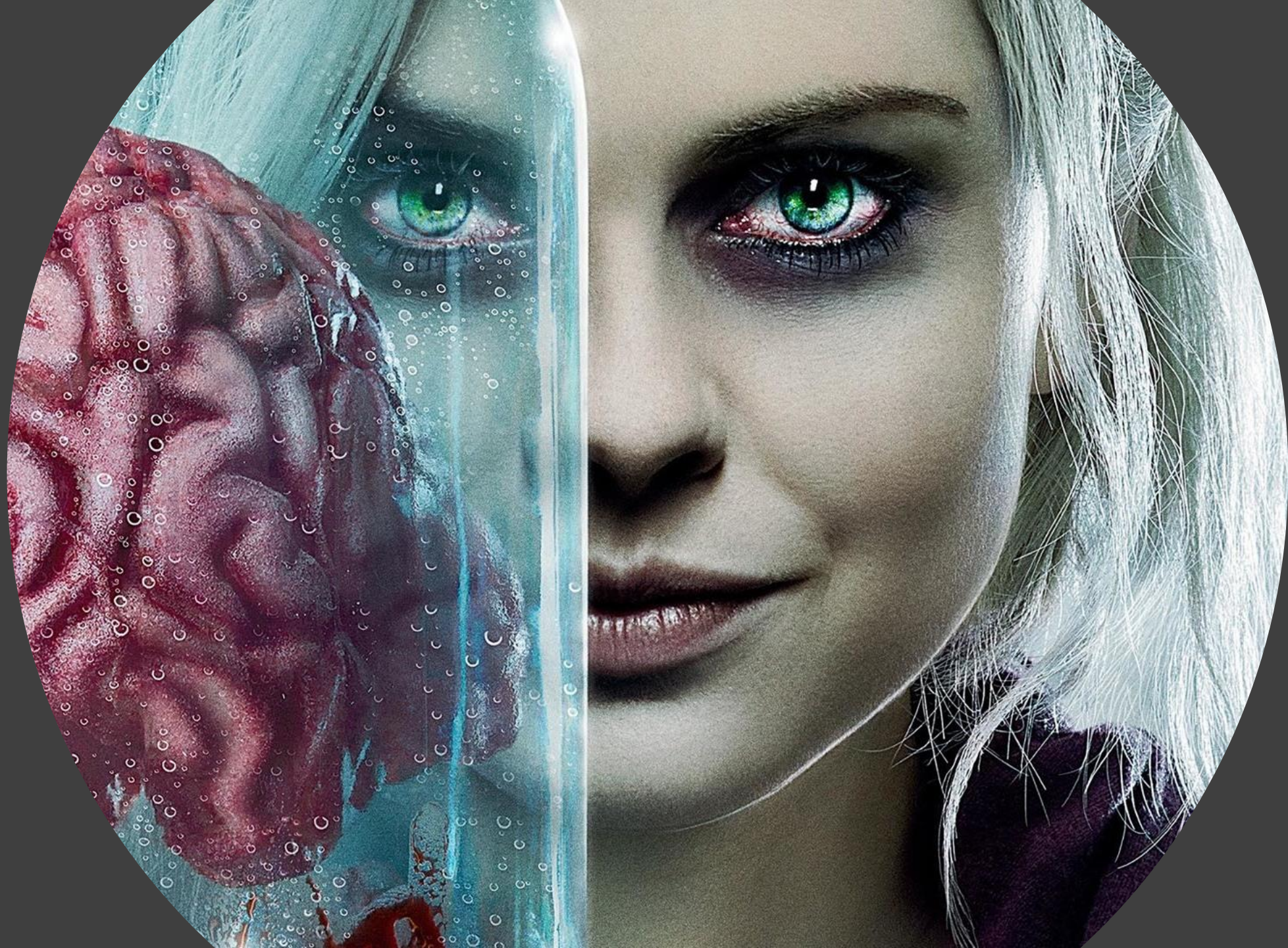


@HOTCUPOFTEAPLS

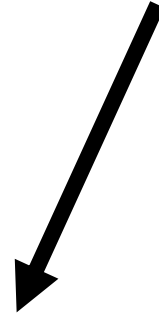


@AHOTCUPOFTEAPLS

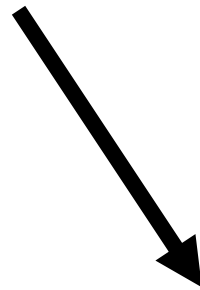
#AGILE2023



Stress

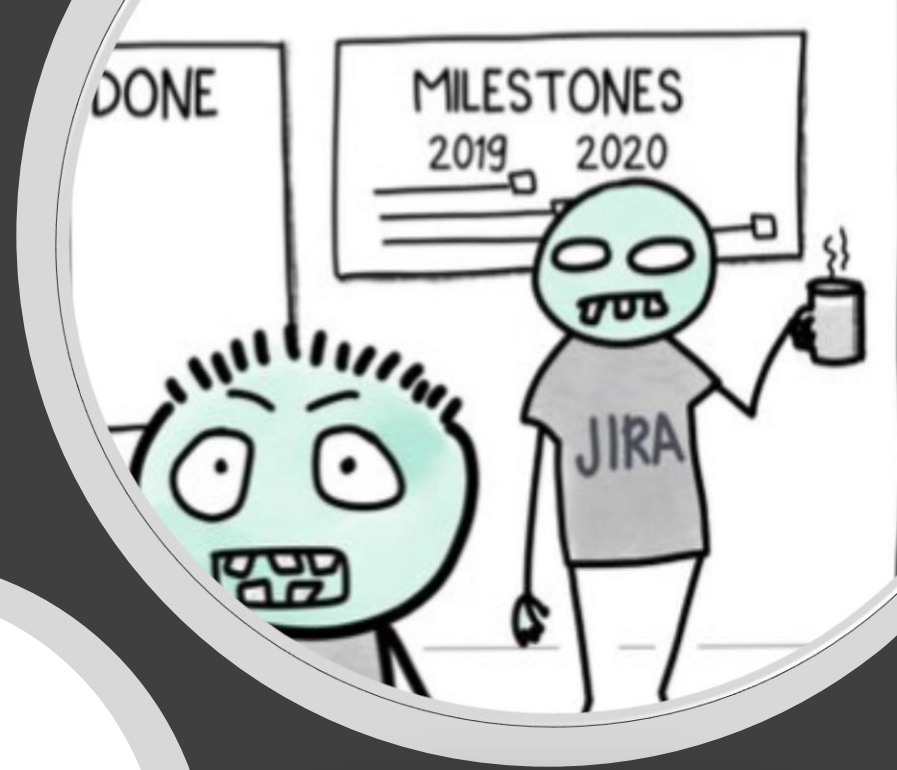


Burnout



Conflict

Норе



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How safe do you feel?

Amphi-

-oxus!

Where?



FML



Nobody
calls **me**
chicken...



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© Angelo Cordeschi

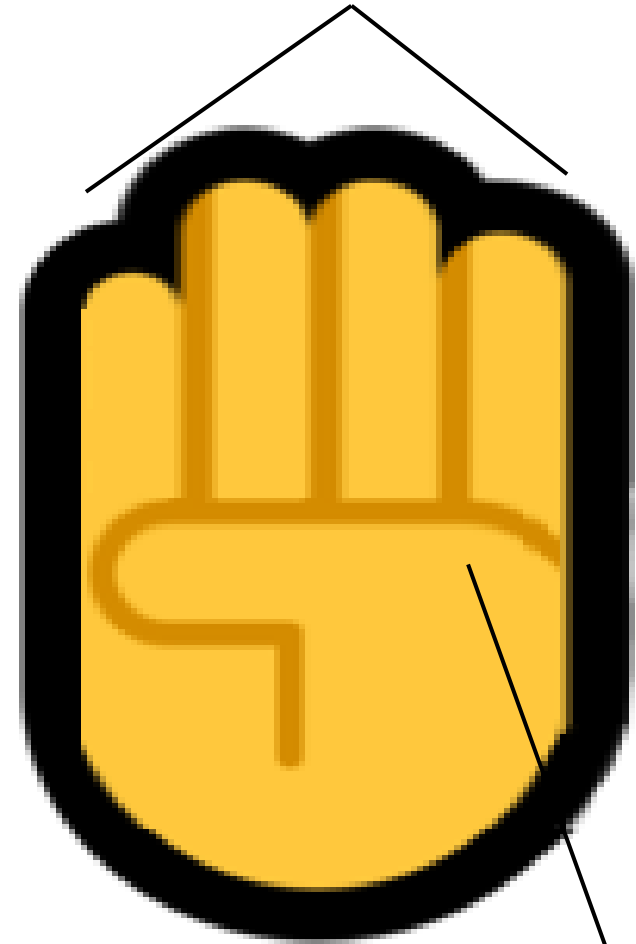
prefrontal
cortex



limbic system

brain
stem

cortex



amygdala





Adrenaline 🏃



Cortisol 🏋️ ⬇️



Acetylcholine 🕒

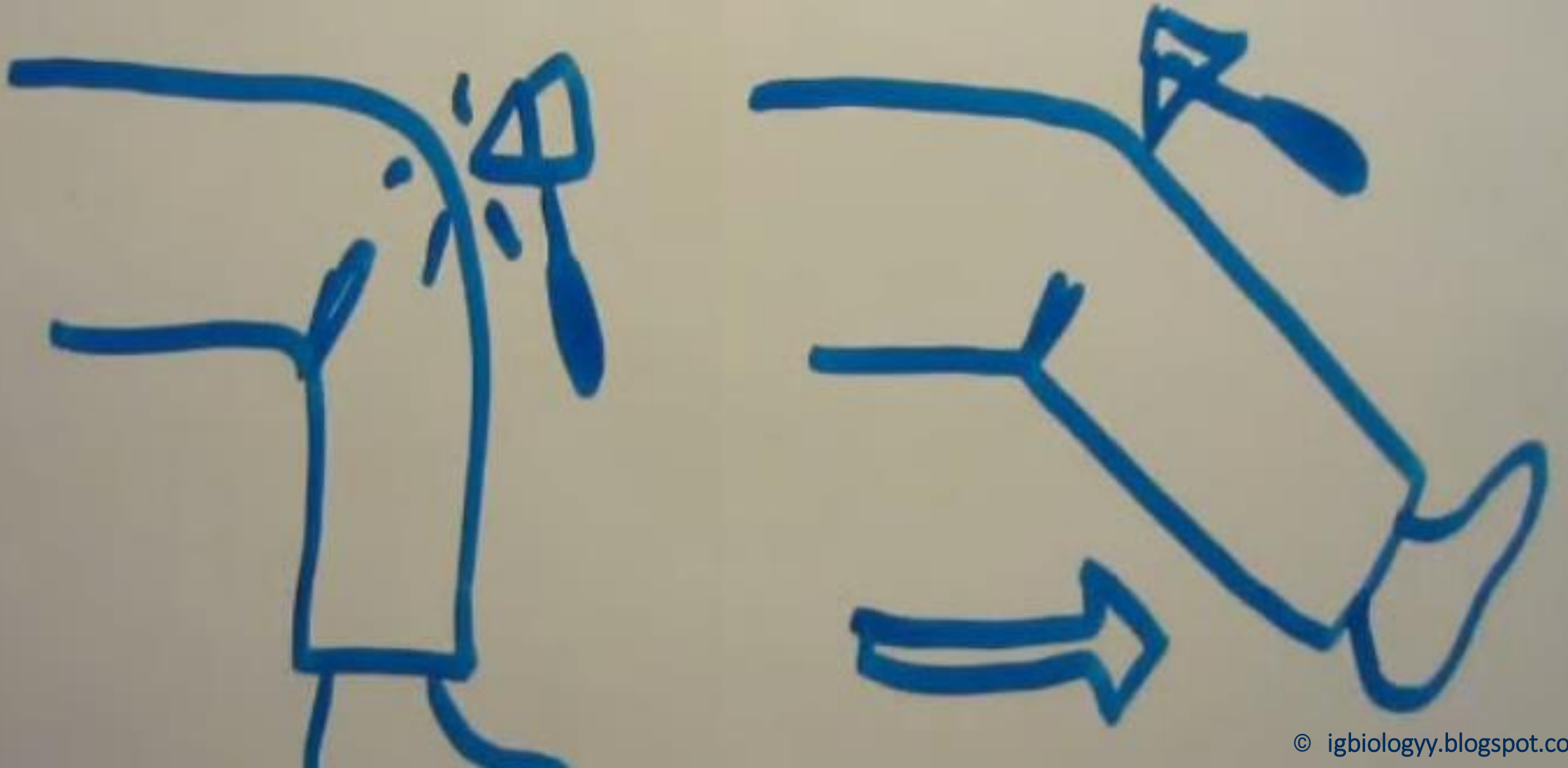
("A seat'll go lean")

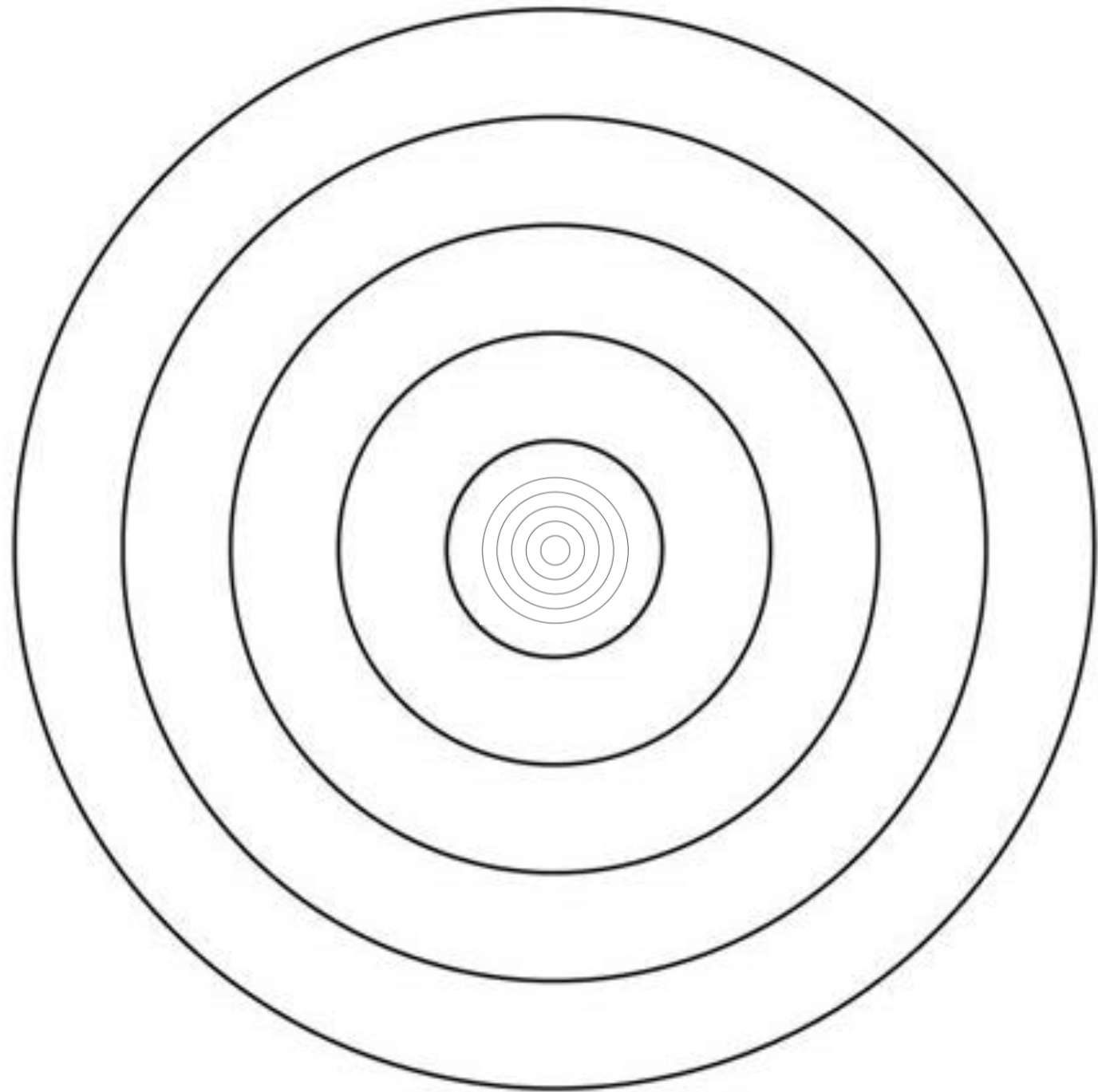


Norepinephrine 😳



#ThanksAmygdala







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Stimulus



Response



Stimulus + State 👉 Response





Novel
Unpredictable
Threatening
Sense of control





RULE #31
CHECK THE
BACK SEAT



Norepinephrine 🤪



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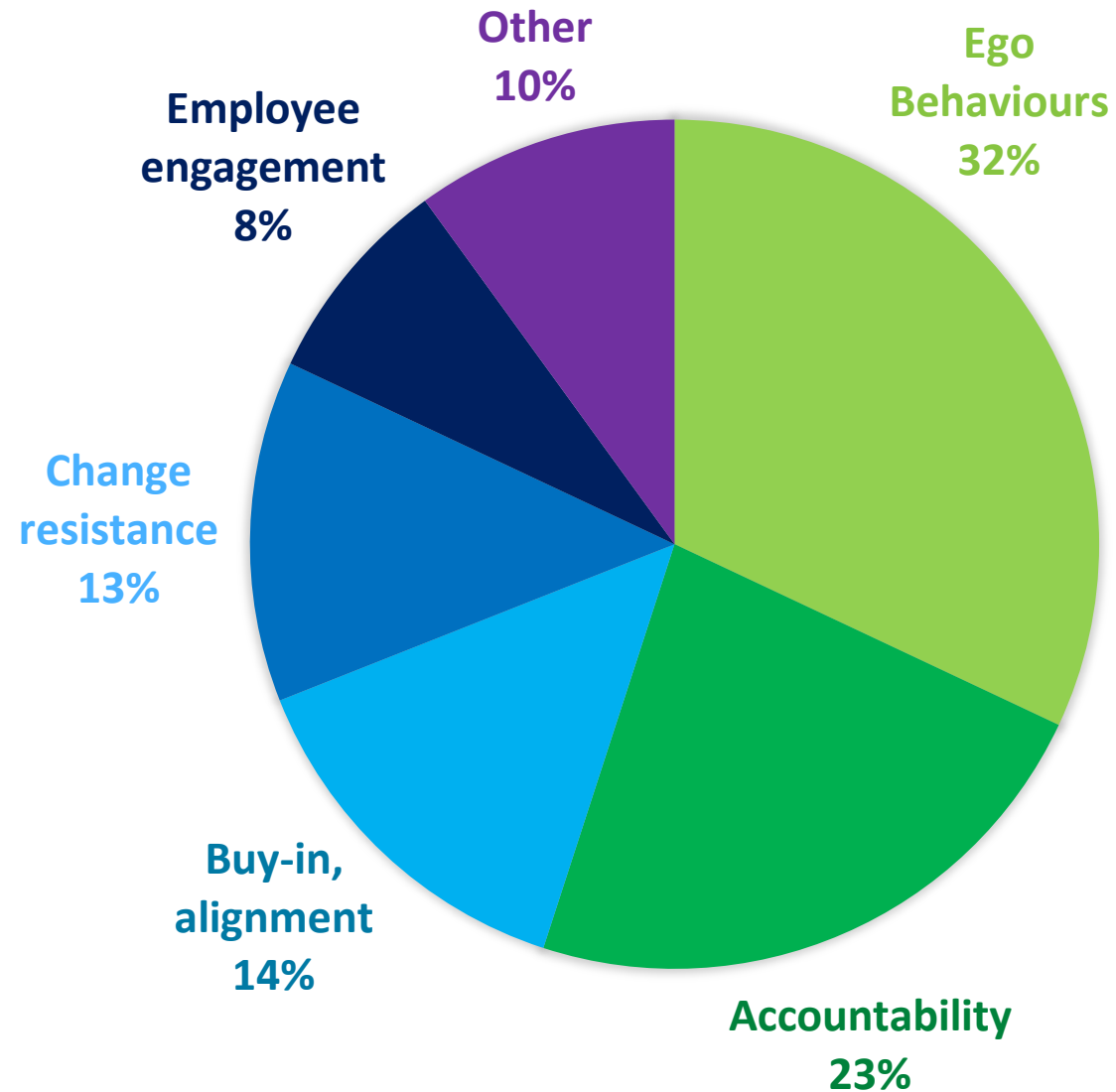
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SOURCES OF WORKPLACE DRAMA





Safety, longevity



Validation
Acceptance



I am a good person



If I am a good...

Friend

Employee

Parent

Partner

action action

action action

action action

action action







Stonewalling



Defensiveness




Contempt



**Blame /
Criticism**





I feel like you're being super judgy.
Like, I'm getting a real anti-me vibe off of you.



* Not An actual brain



* Not actual size



* Also not an actual brain



* Not actually human



* Not a nut (or a brain)



* Disney 🧐



The problem is not
reality.

The problem is **how**
we SEE reality.

Alert



Pleasant



Unpleasant

Calm



Adrenaline 🏃



Cortisol 🏋️ ⬇️



Acetylcholine 🕒

("A seat'll go lean")



Norepinephrine 😬



“...confront the most brutal facts of your current reality, whatever they might be.”

- Jim Stockdale
“Hanoi Hilton” POW, Vietnam



Chaos



happens

doi: 10.3389/fpubh.2022.1016156

<https://www.who.int/publications/i/item/9789241514064>



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Tiny Accomplishments and Successes



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TAccoS





New BFF!



Need help getting started? Unlock your own 28-day journey to a more meaningful life.

Get Started!

36 Questions for Increasing Closeness

To feel more connected, skip the small talk and ask these questions instead.

★★★★★ (20 ratings)


Duration: **45 mins** Frequency: **Variable** Difficulty: **Moderate**



New
BFF!


**Given a choice
of anyone in
the world, who
would you want
as a dinner
guest?**





**Would you like
to be famous**

In what way?



If you were to die this evening with no opportunity to communicate with anyone, what would you most regret not having told someone?

Why haven't you told them yet?



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Newly
WED!

Can

Can with help

Can't

Keep Doing


Do More

Kudos


What's going well?



What's working?

Keep doing 

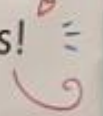
Wall of Awesome

Do more of 

Who's helped you?



Who's gone out of their way?

Thanks! 

Keep doing

Do more of

Thanks!

Communicating to talk & understand & check

When I need help, are willing to give me their time!

Suggesting improvements & supporting

Practical guidance

Everyone give feedback your views, feedback etc here!

Staying late to get things done does not help folks minimise stress or avoid burnout, please don't encourage it...

Wishes team to hang in there!

Cheer up after me

It's so fun to get more feedback with my vulnerability

It's so fun!

Really look out for each other

Listening 



Soc:rats



Kudos for jumping in with us!

Really happy to be up

getting into the room with the team

It's so fun!

Planning 

It's so fun to do a bit of the work

It's so fun!



It's so fun!

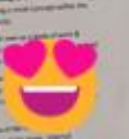
Build real trust in one in one (working hard together)

Build real trust in one in one (working hard together)

Build real trust in one in one (working hard together)

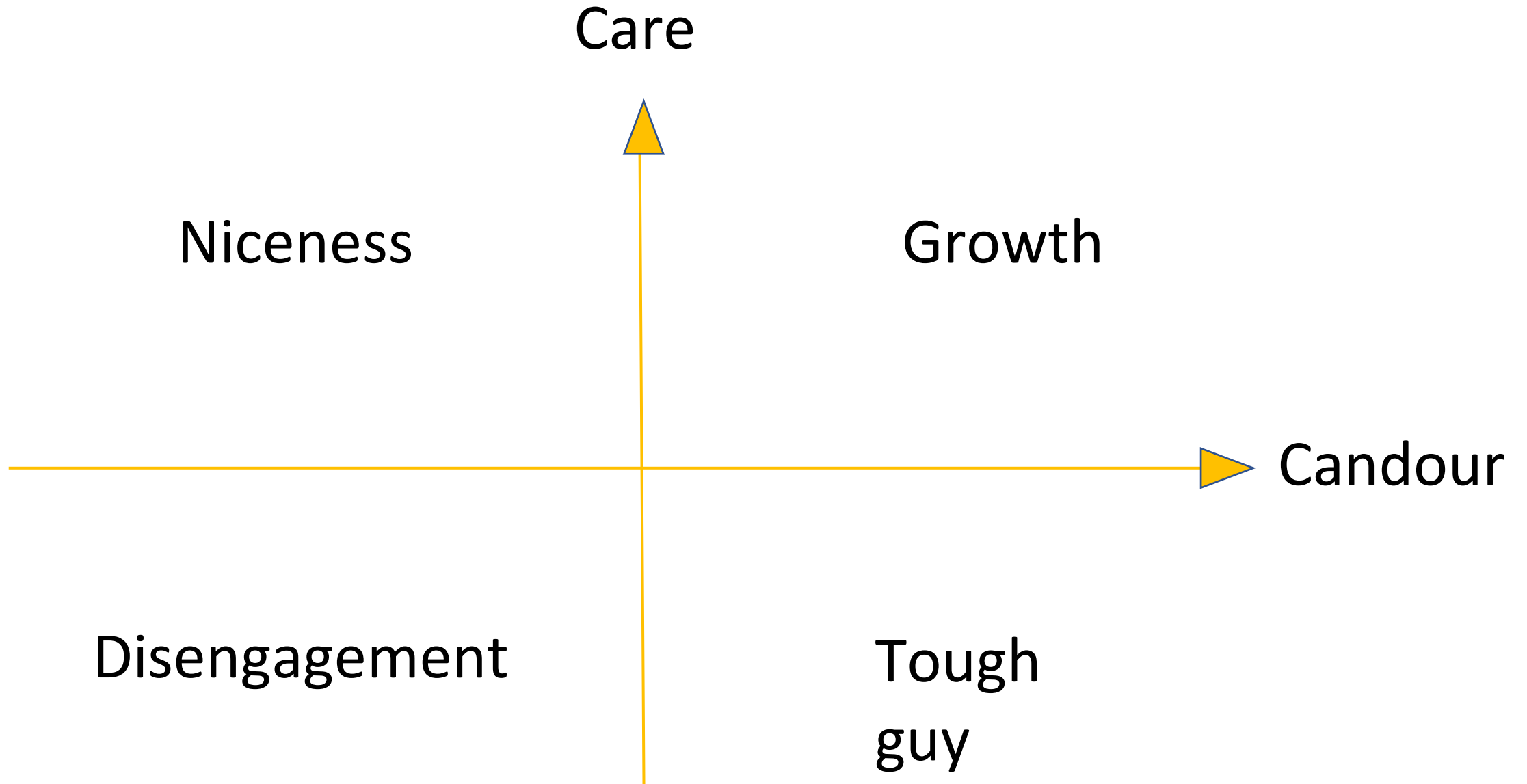


Build real trust in one in one (working hard together)



It's so fun!

It's so fun!







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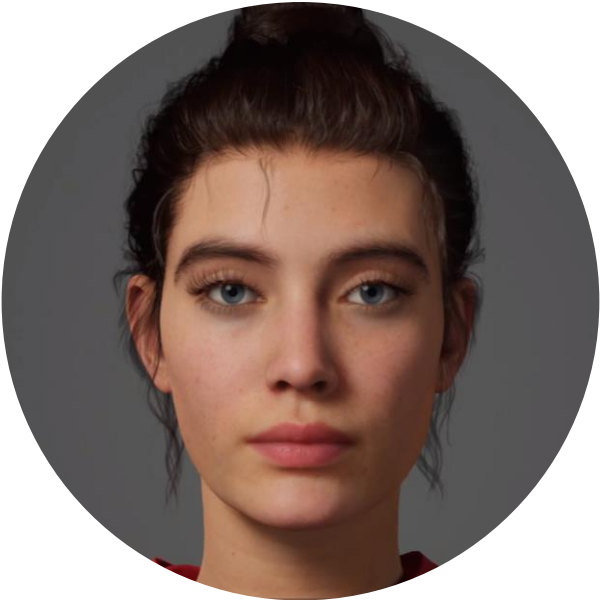
@AHOTCUPOFTEAPLS

#AGILE2023

“Every corpse on Everest was an extremely motivated person. Without a **support system**, the individual will fail.”

- Dave Snowden





I - you - we



Common sense \neq action

Simple \neq easy

Hard \neq impossible





Thank You!



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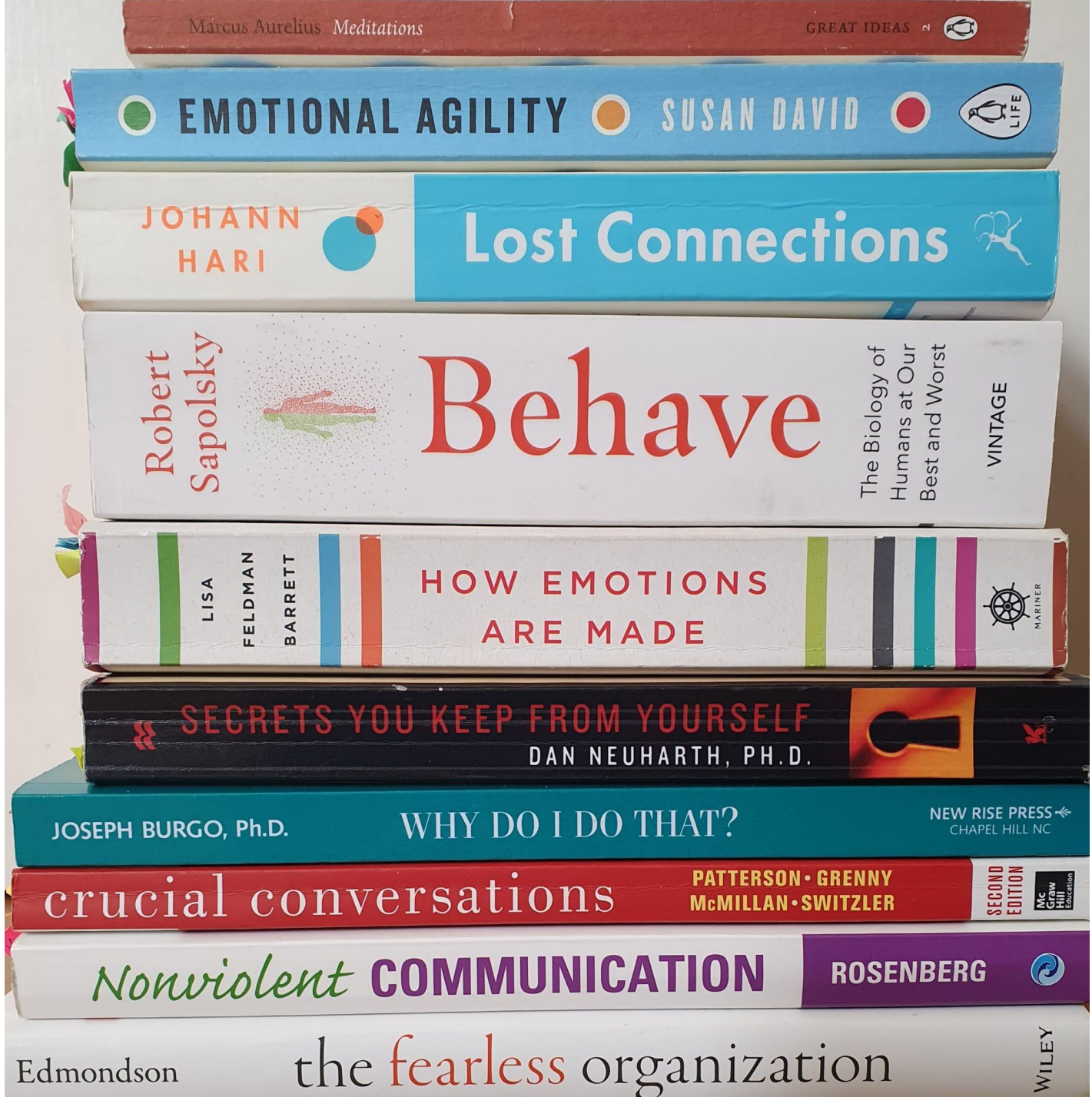
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3



2

