

THE GLASS AIN'T HALF EMPTY IT'S JUST TOO BIG

Managing Change and Managing Stress

The Golden Rule of human relationships is...

Do Unto Others As They Want To Be Done Unto.

When you are under stress (which is all the time), you automatically rely on what YOU know best... and that's YOU. But others are not like YOU, and don't have the same wants, needs, and priorities. Giving them what YOU want results in a huge FAILURE rate in dealing with people. And that's what we do most of the time.

Remember EMULATE and MIRROR. Move to THEIR comfort zone.

Change is not a game of SOLITAIRE. It takes people skills. To manage change you must manage people and be a team player.

You have an INTELLECTUAL ACCEPTANCE, but a GUT RESISTANCE to change because humans are creatures of habit.

The responses to change are: IGNORE, REACT, OR CREATE

To be successful during change, we must CREATE BETTER WAYS of doing what has been done and CREATE ENTIRELY NEW APPROACHES, PRODUCTS, AND SERVICES.

Adopt a questioning attitude, play mental games, go into action, experience new things, have a sense of humor...THESE ALL HELP YOUR CREATIVITY.

CHANGE is the most universal STRESS in the world.

STRESS is a bi-product of LIVING. If you have a pulse, you have STRESS.

RELAXATION, EXERCISE, HOBBIES, COMMUNICATION, AND HUMOR are great stress management techniques because they create distance.

YOU DON'T STOP PLAYING BECAUSE YOU GROW OLD, YOU GROW OLD BECAUSE YOU STOP PLAYING.

Remember what Louis Lamour said, "THE TRAIL IS THE THING, NOT THE END OF THE TRAIL".

YOUR SENSE OF HUMOR IS A SENSE OF PERSPECTIVE.



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