

5 KEYS TO USE STRESS TO YOUR ADVANTAGE AS A PARENT AND AS A LEADER

These keys apply to all areas of leadership including parenting

1. Take problems as challenges.

Instead of looking at negative situations as problems to deal with, look at them as challenges to learn from and overcome.

Most of us enjoy challenges and we love to win. So use problems, negatives situations and interruptions throughout the day as challenges to stretch your leadership and parental skills.

When you approach life in this manner, you won't stress to get things done.

2. Channel the energy in the right direction.

When dealing with stress as a parent, spouse or leaders, let the energy caused by the rush of the stressful moment be directed in a positive direction in order to accomplish the challenge at hand.

3. Use Stress to make you a better person.

It's your choice to become bitter or better from the stresses you encounter on a daily basis. Again, take those stresses as challenges and develop into a better person.

4. Let Stress drive you.

Allow the stress of the moment or of the day to drive you to become a better person, a more positive person and most importantly, a praying person.

Be mindful to pray every single time you experience stress – of any kind. Pray and ask God to help you grow through the challenge at hand and help you apply the right wisdom to the situation.

Prayer changes things, but more importantly, prayer changes you.

5. Use stress as a calm opportunity.

Use the stress to your advantage to demonstrate a calm spirit. Your control, your coolness, and your quite spirited self will reveal confidence, faith and trust in God that others will admire, learn from and enjoy being around you while dealing with a stressful situation.

In Philippians 4:9, Paul again stated: *Those things, which ye have both learned, and received, and heard, and seen in me, do: and the God of peace shall be with you.*

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The reBranded Life