

Leading Under Pressure: Practical Coping Skills for Stressed-Out Leaders



Who we are:



Hester (she/hers) is the Senior Director of Media for *Futures Explored*. She also has a Master's in Educational Theatre from NYU, and a minor in Psychology and does theatre and film locally.

Doc JuDah (they/them) is the Founder of *Speak Our United Liberation (SOUL)*. The Mental Wellness & Harm Reduction Coordinator at *Trans Queer Youth Collective (TQYC)*. And the Resident Healer at *Bosque La Luna Cooperative*. They have a Master's in Clinical Mental Health Counseling from Oregon State University.



“When I feel seen as a whole person, I show up as my best self at work.



Candling In





Leading & Following

Headaches

Muscle Tension

Fatigue

Increase
Heart Rate

Mood
Swings

Difficulty
Concentrating

Social
Withdrawal

Memory
Problems

Name Your Stress Signals



Quick-Cycle Coping Skills Leaders Can Use On the Job!

5-4-3-2-1 Grounding

Deep Breathing (Box Breathing)

Progressive Muscle Relaxation

10-15 Minute Walk

Stretching Routine

Plan 10-minute "reset" breaks

Dance Break

Journaling

Gratitude List

Reframing Exercise

Positive Self-Talk

Talk with a friend

Mindful Coloring or Puzzles

Sleep routine

Limit caffeine

Create a daily to-do list

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Pick one coping strategy and practice it now.



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The 2-Minute Prioritization Reset



What must be done *now*?

What can wait?

What can be delegated?

What can be deleted

Cognitive Reframing: From Threat to Challenge

What's within my control?

What evidence contradicts my
fear?

What's a next right step?

Nervous System Downshift Through Microbreaks

Stand + Stretch Reset
Visual Distance Reset
Physical release
Bilateral stimulation



“What’s one
commitment
you’ll take
forward?”



Thank You!